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America's Most Wanted Low Carb Recipes

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All-American Stuffed Turkey Burger

1 lb ground turkey
1/4 cup quick cooking oats
1 egg
1/2 tsp garlic powder
dash pepper
1/2 cup onion chopped
1/4 cup dill pickle relish drained
2 Tbs catsup
2 tsp prepared mustard
2 Slices (1 ounce each) reduced-calorie and low-sodium American cheese
6 Lettuce leaves washed and dried
4-6 Tomato slices



Prepare charcoal grill for direct-heat cooking.

In medium-size bowl combine turkey, oats, egg, garlic powder and pepper. Divide turkey mixture in half. On 2 pieces (each 10-X 11-inch) wax paper, shape each half of turkey mixture into a 6-inch diameter circle.

Sprinkle onions and relish over one circle of turkey mixture, leaving a 1/2-inch border around outside edges; top with catsup and mustard. Cut cheese into 4 equal strips and arrange cheese strips, spoke-fashion, over catsup and mustard. Carefully place remaining turkey mixture circle on top of cheese. Remove top layer of wax paper from turkey mixture. Press turkey mixture edges together to seal.

Lightly grease cold grill rack and position over hot coals. Invert giant burger onto grill rack; remove wax paper. Grill burger 8 minutes per side or until internal temperature of 165 degrees F. is reached on meat thermometer. To turn burger, slide a flat cookie sheet under burger and invert onto another flat cookie sheet, then slide back onto grill rack*.

To serve, cut burger into fourths. Serve with lettuce and tomato slices if desired. * Can also use greased grill basket if desired.

Serves 4

Nutrition Facts

Nutrition (per serving): 269.0 calories; 14.0g total fat; 0.0mg cholesterol; 559.0mg sodium; 8.0g carbohydrates; 27.0g protein.

Recipe Source

Source: The National Turkey Federation

Almond-Tomato Soup with Smoked Salmon

4 large, fully-ripe tomatoes (about 2 lbs, cored and quartered)
2 Tbs sweet almond oil or olive oil
1 Tbs sherry wine vinegar or red wine vinegar
1/2 tsp sea salt
1/4 tsp ground white pepper
1/3 cup fresh cucumber; peeled, sliced lengthwise, cored and cut into matchstick-size slivers
1/3 cup fresh celery, very thinly sliced (1 small stalk)
1/4 cup jicama, peeled and cut into matchstick-size slivers
1/4 cup red onion, very finely chopped
1/4 cup smoked salmon, thinly sliced into strips
1 Tbs chopped fresh cilantro
1/2 cup sliced almonds, toasted

Put tomatoes into blender or food processor and puree (about 15 sec.). Turn into a fine sieve and force through to remove seeds.

Turn into mixing bowl and whisk in oil and vinegar, salt and pepper to taste.

Stir in vegetables and salmon; mix well and chill for at least 2 hours.

To serve: Spoon 1 cup each into 4 chilled bowls. Sprinkle each bowl with 2Tbs toasted almonds and some of the chopped cilantro. Drizzle with additional oil, if desired.

Serves 4

Nutrition Facts

Nutrition (per serving): 234.9 calories; 64% calories from fat; 17.6g total fat; 6.5mg cholesterol; 824.5mg sodium; 545.5mg potassium; 12.1g carbohydrates; 4.4g fiber; 10.5g protein.

Recipe Source

Source: Almond Board of California

Apres Ski Turkey Stew

1-1/2 lbs turkey thighs skinned, boned and cut into 1-inch cubes

1 Tbs vegetable oil

1 cup tomato peeled and cut into chunks

1 cup green pepper seeded and thinly sliced

1 clove garlic minced

2 Tbs fresh lemon juice

1 tsp Italian seasoning

salt to taste

2 cups rice, cooked

pepper to taste

In 3-quart saucepan, over medium-high heat, saute turkey thighs in oil until all sides are browned.

Add tomato, green pepper, garlic, lemon juice, seasonings, salt and pepper. Cover, reduce heat to low and simmer about 12 minutes or until turkey is done.

Cook until thickened. Serve over rice, if desired.

Serves 4

Nutrition Facts

Nutrition (per serving): 190.0 calories; 8.0g total fat; 0.0mg cholesterol; 100.0mg sodium; 5.0g carbohydrates; 23.0g protein.

Recipe Source

Source: The National Turkey Federation

Autumn Chicken and Apple Stew

1 chicken, cut in parts
1/4 cup apple cider vinegar
1/2 tsp nutmeg
6 whole cloves
1/2 tsp salt
3 carrots, peeled, sliced
1/4 tsp pepper
6 apples, peeled, sliced
2 tsp Dijon mustard
1 cup shredded cabbage
1 3/4 cups low sodium chicken broth, warm
1 cup applesauce

Spray large Dutch oven with vegetable cooking spray and heat over medium high temperature.

Add chicken and cook, turning to brown on all sides, about 10 minutes.

Sprinkle with nutmeg, salt and pepper. Spread mustard over chicken pieces; add warm broth, vinegar, cloves and carrots; bring to a boil. Cover, reduce heat to low and cook 15 minutes.

Add apples and cook 5 minutes.

Add cabbage, stirring into liquid. Cook, covered, about 10 minutes more or until fork can be inserted in chicken with ease.

With slotted spoon, remove chicken and vegetables to warm serving bowl and keep warm.

Into liquid, stir applesauce; boil on high temperature 5 minutes and pour over chicken and vegetables. Serve with brown rice, if desired.

Serves 4

Nutrition Facts

Nutrition (per serving): 159.0 calories; 2.0g total fat; 0.0mg cholesterol; 14.0g carbohydrates; 19.0g protein.

Recipe Source

Source: National Chicken Council

Bacon and Tomato Potato Skins

6 large baking potatoes
2 tsp cooking oil
1 tsp chili powder
Several dashes bottled hot pepper sauce
2/3 cup chopped Canadian-style bacon or chopped, cooked turkey bacon
1 medium tomato, finely chopped
2 Tbs finely chopped green onion
4 oz cheddar cheese or reduced-fat cheddar cheese, shredded (1 cup)
1/2 cup dairy sour cream (optional)

Scrub potatoes thoroughly and prick with a fork. Arrange on a microwave-safe plate. Micro-cook, uncovered, on 100% power (high) for 17 to 22 minutes or till almost tender, rearranging once. (Or, bake potatoes in a 425 degrees F. oven for 40 to 45 minutes or till tender.) Cool.

Halve each potato lengthwise. Scoop out the inside of each potato half, leaving about a 1/4-inch-thick shell. Cover and chill the leftover fluffy white part of potatoes for another use.

Combine the cooking oil, chili powder, and hot pepper sauce. With a pastry brush, brush the insides of the potato halves with the oil mixture. Cut the potato halves in half lengthwise. Return to the baking sheet. Sprinkle potato quarters with bacon, tomato, and green onion. Top with cheese. To make ahead, cover and chill for up to 24 hours.

Bake in 450 degrees F. oven for 10 to 12 minutes or till cheese is melted and potato quarters are heated through. Serve with sour cream, if desired.

Serves 6

Nutrition Facts

Nutrition (per serving): 70.0 calories; 2.0g total fat; 0.0mg cholesterol; 107.0mg sodium; 9.0g carbohydrates; 3.0g protein.

Recipe Source

Source: Culinary Café

Baked Parmesan Chicken Thighs

1 cup mayonnaise
1 cup grated Parmesan cheese
1 tsp Italian seasoning
2 lbs fresh boneless, skinless chicken thigh cutlets
1/4 tsp salt
1/8 tsp ground black pepper

Preheat oven to 400°F.

In a small bowl combine mayonnaise, Parmesan cheese and Italian seasoning.

Season chicken on both sides with salt and pepper and place in a single layer in a 8-inch square baking dish.

Generously spread with sauce and bake for 20 minutes, or until done. Serve warm.

Serves 6

Preparation time: 10 minutes

Cooking time: 20 minutes

Nutrition Facts

Nutrition (per serving): 520.0 calories; 69% calories from fat; 40.0g total fat; 0.0mg cholesterol; 740.0mg sodium; 1.0g carbohydrates; 37.0g protein.

Recipe Source

Source: Nestlé

Baked Spareribs With Barbecue Sauce

2 lbs lean pork spareribs
Fresh ground pepper to taste
Paprika, to taste
Dry mustard, to taste
1 garlic clove, minced
3 Tbs vinegar
1 can tomato sauce - (8 oz)
1/3 cup chopped onion
1 1/2 tsp chili powder
1/2 tsp salt
1/4 tsp freshly-ground black pepper
1/2 tsp oregano
1/2 cup water

Preheat oven to 325 degrees. Trim excess fat from ribs. Rub with a mixture of pepper, paprika, and dry mustard. Cut into 6 serving portions and place in a baking pan. Bake for 45 to 60 minutes. Remove pan from oven and pour off fat.

Combine the remaining ingredients and pour over the ribs. Cover and let stand 15 minutes. Return ribs to 350 degree oven and bake, covered, for 1 1/2 hours. Remove cover, baste, and bake for an additional 1/2 hour. Spoon off excess fat before serving.

Serves 6

Nutrition Facts

Nutrition (per serving): 175.0 calories; 46% calories from fat; 9.0g total fat; 57.0mg cholesterol; 488.0mg sodium; 5.0g carbohydrates; 1.0g fiber; 18.0g protein.

Recipe Source

Source: American Diabetes Association

Baked Spiced Chicken

Ginger, onion and garlic are blended in the coating for this easy baked chicken. Yogurt helps keep it moist.

2 fresh whole chicken, cut up
1 cup soft bread crumbs
1/2 tsp onion powder
1/2 tsp garlic powder
1/4 tsp cayenne pepper
1/8 tsp ground ginger
1/3 cup plain yogurt

Preheat oven to 350°F. Lightly spray a medium baking dish with vegetable cooking spray; set aside.

Rinse chicken pieces and pat dry.

In a shallow bowl, combine bread crumbs, onion powder, garlic powder, cayenne pepper and ginger. Dip chicken pieces in yogurt, then into crumb mixture. Place in prepared dish. Bake, uncovered, for 45 to 50 minutes or until chicken is tender.

Serves 12

Preparation time: 15 minutes

Cooking time: 45 minutes

Nutrition Facts

Nutrition (per serving): 400.0 calories; 50% calories from fat; 22.0g total fat; 0.0mg cholesterol; 190.0mg sodium; 7.0g carbohydrates; 40.0g protein.

Recipe Source

Source: Nestlé

Balsamic Pork Chops

8 boneless pork chops, about $\frac{3}{4}$ -inch thick
12 oz (1 $\frac{1}{2}$ cups) balsamic vinaigrette dressing



Place chops in large, resealable bag; pour vinaigrette dressing over. Seal bag and refrigerate for 2 to 24 hours.

Prepare medium-hot grill.

Remove chops from marinade and pat dry. Discard remaining marinade. Grill chops directly over heat for about 8 to 10 minutes, turning once.

Serve desired number of chops for dinner; wrap and refrigerate remaining chops for up to three days.

Serves 8

Nutrition Facts

Nutrition (per serving): 220.0 calories; 7.0g total fat; 0.0mg cholesterol; 210.0mg sodium; 6.0g carbohydrates; 27.0g protein.

Recipe Source

Source: National Pork Board

Barbecue Pork Skillet

4 pork chops, 3/4-inch thick
1 tsp vegetable oil
1/4 cup Italian dressing
1/4 cup barbeque sauce



Heat oil in large nonstick skillet; brown chops on one side over medium-high heat. Turn chops and add remaining ingredients to pan, stirring to blend. Cover and simmer for 5-8 minutes, until chops are tender.

Serves 4

Nutrition Facts

Nutrition (per serving): 180.0 calories; 7.0g total fat; 0.0mg cholesterol; 430.0mg sodium; 3.0g carbohydrates; 25.0g protein.

Recipe Source

Source: National Pork Board

Barbecue Pulled Pork

1 lb boneless pork tenderloin
1/2 tsp pepper
1/4 tsp red pepper flakes
1 Tbs canola oil
1 cup diced onion
2 garlic cloves, minced
1/2 cup barbecue sauce
1/4 cup catsup
1/4 cup water
1 tsp vinegar

Heat the oven to 350 degrees. Sear the whole tenderloin on all sides in a hot, nonstick skillet. Remove from the heat and season with the pepper and red pepper flakes.

Cover the tenderloin with foil and bake for 25 minutes. Heat the oil in a medium saucepan and saute the onion and garlic for 5 minutes.

Add the barbecue sauce, catsup, water, and vinegar. Simmer for 10 minutes. Shred the pork with 2 forks. Add the pulled pork to the sauce. Serve on buns.

Serves 4

Nutrition Facts

Nutrition (per serving): 230.0 calories; 33% calories from fat; 8.0g total fat; 65.0mg cholesterol; 482.0mg sodium; 13.0g carbohydrates; 1.0g fiber; 25.0g protein.

Recipe Source

Source: American Diabetes Association

Bbq Turkey Burgers

1-1/2 lbs ground turkey
1/2 cup onion chopped
1/2 cup BBQ sauce
1/2 cup dried bread crumbs
1/2 tsp salt
1/4 tsp black pepper

Combine all ingredients in a large bowl. Mix thoroughly and shape into 6 patties.

Place on an oiled grill and grill over medium heat for 4-6 minutes on each side, or until the internal temperature reaches 165 degrees F. and the burger is no longer pink in the center.

Baste with additional BBQ sauce if desired.

Serves 6

Nutrition Facts

Nutrition (per serving): 227.0 calories; 10.0g total fat; 0.0mg cholesterol; 10.0g carbohydrates; 22.0g protein.

Recipe Source

Source: The National Turkey Federation

Beef and Salsa Topped Corn Chips

Crunchy corn chips topped with spicy beef and cheese makes a quick meal or the perfect snack when the gang unexpectedly drops over.

1 lb ground beef, cooked and drained
1 cup Ortega® Salsa Prima Homestyle Mild
1 (4-oz.) can Ortega® Diced Green Chiles
1/3 cup sliced green onions
4 cups corn chips
1 cup shredded Mexican-style cheese blend



Combine beef, salsa, chiles and green onions in medium skillet; cook for 5 minutes over medium heat until hot.

Place corn chips on dinner plates; top with meat mixture and cheese.

Serves 4

Preparation time: 10 minutes

Cooking time: 5 minutes

Nutrition Facts

Nutrition (per serving): 449.2 calories; 66% calories from fat; 33.6g total fat; 119.7mg cholesterol; 846.4mg sodium; 517.6mg potassium; 7.5g carbohydrates; 1.7g fiber; 28.3g protein.

Recipe Source

Source: Nestlé

Beef Brisket Oven Roast Recipe

2/3 cup soy sauce
2/3 cup water
1/4 cup dry white wine
1/4 cup brown sugar
2 tsp lemon juice
1/2 tsp garlic powder
1/2 tsp ginger
1 3 to 5 lb. beef brisket

Marinate 3 to 5 lb. brisket roast overnight. Remove from marinade, wrap in foil and bake at 300°F for 3 1/2 to 4 hours. When cooked, let cool and slice.

Before serving, re-heat for 30 minutes in some of the marinade and beef stock.

Serves 8

Nutrition Facts

Nutrition (per serving): 380.5 calories; 60% calories from fat; 25.4g total fat; 91.8mg cholesterol; 919.6mg sodium; 580.3mg potassium; 9.3g carbohydrates; 0.2g fiber; 26.1g protein.

Recipe Source

Source: Omaha Steaks

Beef Burgundy

1/4 lb mushrooms, sliced
6 small pearl onions, cut into fourths
3 Tbs butter
1/4 lb bacon, diced
1 lb Top Sirloin steak, cut into 1" cubes or 1 pkg. Tenderloin tips, cut in cubes
1 Tbs flour
1/2 cup Burgundy wine
3/4 cup beef broth
1 bay leaf
2 cloves garlic, minced
1/2 tsp ground thyme
1 1/2 cups carrots, diagonally sliced
Salt
Pepper
hot buttered noodles
1 1/2 Tbs parsley chopped

In a large skillet, sauté mushrooms and onions in hot butter until golden brown. Remove from skillet and set aside. Add bacon to skillet and fry until crisp; remove with a slotted spoon and reserve.

Add Top Sirloin steak to skillet and fry in bacon fat, stirring frequently, until well browned. Return mushroom and onion mixture to skillet and add flour; toss until flour disappears.

Add wine, beef broth, bay leaf, garlic and thyme. Simmer, covered, for 30 minutes, stirring frequently. Add carrots and cooked bacon, and cook covered, for 15 minutes longer.

Season with salt and pepper. Before serving, remove bay leaf. Serve over hot buttered noodles. Sprinkle with parsley.

Serves 3

Nutrition Facts

Nutrition (per serving): 717.3 calories; 69% calories from fat; 55.7g total fat; 157.0mg cholesterol; 811.4mg sodium; 961.8mg potassium; 12.4g carbohydrates; 2.7g fiber; 34.9g protein.

Recipe Source

Source: Omaha Steaks

Beef Satay

1 lb beef strips, sliced
1 tsp turmeric
1/2 tsp salt
1/2 cup coconut milk
4 bamboo skewers

Trim the fat from beef strips and cut into 1" x 4" strips, no more than 1/4" thick. Combine turmeric, salt, and coconut milk. Add the beef strips, cover, and refrigerate for 1 hour.

Soak bamboo skewers in cold water. Drain the beef and then thread on the skewers.

Cook over a hot grill until just cooked through, about 2 minutes per side. Marinate while cooking with the coconut sauce.

Serves 4

Preparation time: 72 minutes

Cooking time: 5 minutes

Ready in: 77 minutes

Nutrition Facts

Nutrition (per serving): 876.1 calories; 55% calories from fat; 54.3g total fat; 235.0mg cholesterol; 615.4mg sodium; 1665.5mg potassium; 2.0g carbohydrates; 0.1g fiber; 0.0g sugar; 89.6g protein.

Recipe Source

Source: Nestlé

Beef Stroganoff

2 Tbs butter
12 oz beef tenderloin (fillet), thinly sliced
1 lb mushrooms, quartered, (about 6 cups)
1/2 cup chopped onions
1/2 tsp dried dill weed
1/2 tsp salt
1/4 tsp ground black pepper
1/4 cup dry white wine
1/2 cup reduced-fat sour cream

In a large non-stick skillet, melt 2 tablespoons butter over high heat. Add beef, half at a time. Cook until browned on both sides, turning once, about 4 minutes; remove from skillet. Repeat with remaining beef.

Add mushrooms, onions, dill, salt and pepper; cook, stirring constantly, for 2 minutes. Add wine and return beef to skillet. Cook until heated through, about 3 minutes. Remove from heat.

Stir in sour cream until blended.

Serves 5

Nutrition Facts

Nutrition (per serving): 299.0 calories; 68% calories from fat; 23.0g total fat; 69.4mg cholesterol; 281.3mg sodium; 612.4mg potassium; 6.3g carbohydrates; 1.4g fiber; 15.9g protein.

Recipe Source

Source: The Mushroom Council

Ben's Turkey Burger

1-1/2 lbs ground turkey
3 Tbs sweet onion finely chopped
2 cloves garlic freshly minced
1/4 tsp black pepper freshly ground
1 cup cheddar cheese shredded
1/2 cup button mushrooms sliced thin
6 slices turkey bacon crisply cooked and crumbled
1 green onion finely chopped
1/4 cup mayonnaise

In a bowl, combine ground turkey, sweet onion, garlic and pepper; mix well. Shape into 6 patties.

In a small bowl, combine cheese, mushrooms, cooked bacon, green onion and mayonnaise; mix well.

Broil or grill burgers 4-6 inches from the flame, over medium temperature or coals for about 10-12 minutes, turning once.

During the last several minutes of cooking, spoon 1/4 cup cheese topping on each burger. Continue cooking until the cheese is melted.

Serves 6

Nutrition Facts

Nutrition (per serving): 247.2 calories; 55% calories from fat; 15.4g total fat; 104.6mg cholesterol; 361.5mg sodium; 332.0mg potassium; 3.9g carbohydrates; 0.3g fiber; 1.0g sugar; 22.4g protein.

Recipe Source

Source: The National Turkey Federation

Bits O' Turkey Ham Loaf

1 cup quick cooking oats
2 Tbs dried parsley
1/2 tsp dried thyme leaves
1/2 tsp salt
1/4 tsp ground allspice
1/8 tsp pepper
1 lb ground turkey
1 Package (8 ounces) turkey ham cut into 1/4-inch cubes
1/2 lb mushrooms coarsely chopped
3/4 cup chopped onion
2 Cloves garlic minced
1 Egg beaten
1 tsp hot pepper sauce
Vegetable cooking spray

In large bowl combine oats, parsley, thyme, salt, allspice and pepper. Mix in ground turkey, turkey ham, mushrooms, onion, garlic, egg and hot sauce.

In 9-inch pie plate, lightly coated with vegetable cooking spray, shape turkey mixture into 6-X 3-inch round loaf. Bake at 350 degrees F. 50 to 60 minutes or until meat thermometer reaches 160 degrees F., juices are clear and meat is no longer pink in center.

Serves 6

Nutrition Facts

Nutrition (per serving): 241.0 calories; 10.0g total fat; 0.0mg cholesterol; 666.0mg sodium; 13.0g carbohydrates; 25.0g protein.

Recipe Source

Source: The National Turkey Federation

Black Bean Dip

1 can black beans - (15 oz), drained, rinsed
1 small onion, coarsely chopped
1 small bell pepper, coarsely chopped
1 garlic clove, chopped
1 Tbs red wine vinegar
1 Tbs olive oil
1/2 tsp sugar
Freshly-ground black pepper, to taste

Combine all ingredients in a food processor or blender. Process or blend until the beans are coarsely mashed.

This recipe yields 8 servings. Serving size: 1/3 cup.

Serves 8

Nutrition Facts

Nutrition (per serving): 73.0 calories; 23% calories from fat; 2.0g total fat; 0.0mg cholesterol; 65.0mg sodium; 11.0g carbohydrates; 4.0g fiber; 3.0g protein.

Recipe Source

Source: American Diabetes Association

Bravo Green Beans

1/2 cup canned green beans, drained
2 Tbs chopped onion
1 plum tomato, diced
2 Tbs low-fat sour cream
1 Tbs fat-free Italian dressing

Combine all ingredients together. Refrigerate before serving.

Serves 1

Nutrition Facts

Nutrition (per serving): 74.0 calories; 5% calories from fat; 0.0g total fat; 0.0mg cholesterol; 394.0mg sodium; 14.0g carbohydrates; 3.0g fiber; 4.0g protein.

Recipe Source

Source: American Diabetes Association

Broccoli Italiano

1 lb fresh broccoli florets (or thawed frozen)

1/4 cup fat-free Italian salad dressing

Place broccoli florets in steamer basket above 2 inches boiling water. Cover and steam 4 minutes or until broccoli is bright green and crisp-tender when pierced with a fork.

Remove from steam and place broccoli in serving dish. Drizzle with Italian dressing and toss to coat. Serve immediately.

Serves 8

Nutrition Facts

Nutrition (per serving): 20.0 calories; 10% calories from fat; 0.0mg cholesterol; 88.0mg sodium; 3.0g carbohydrates; 2.0g fiber; 2.0g protein.

Recipe Source

Source: American Diabetes Association

Broiled Chicken With Mustard Tomato Sauce

Nonfat cooking spray, as needed

1 chicken - (3 lbs), cut in pieces, and skin removed

1 Tbs butter

1 onion, chopped

2 Tbs flour

1 1/2 cups low-sodium chicken broth, boiling

2 Tbs tomato paste

2 tsp Worcestershire sauce

1 tsp sugar

1 tsp dry mustard

Heat broiler or grill. Spray rack. Spray chicken pieces. Broil 30 minutes, turning often, and spraying again at each turn.

Heat butter in saucepan. Add onion and saute until limp. Sprinkle with flour and cook, stirring, 2 to 3 minutes. Remove from heat and add boiling broth, beating vigorously with wire whisk to prevent lumping. Return to heat and cook, stirring, until smooth and thick.

Stir in tomato paste, Worcestershire sauce, sugar, and mustard. Serve over broiled chicken.

Serves 4

Nutrition Facts

Nutrition (per serving): 311.0 calories; 36% calories from fat; 13.0g total fat; 116.0mg cholesterol; 189.0mg sodium; 10.0g carbohydrates; 1.0g fiber; 37.0g protein.

Recipe Source

Source: American Diabetes Association

Brownie Cookies

What could be easier than a brownie you can break and then bake into delicious cookies! The kids in the family will be sure to enjoy!

1 pkg. (18 oz.) NESTLÉ® TOLL HOUSE® Refrigerated Brownie or Walnut Brownie Bar Dough



Preheat oven to 325° F.

Break dough along pre-scored lines. Place dough about 3 inches apart on ungreased baking sheets

Bake for 18 to 20 minutes or until centers are set. Cool on baking sheets for 3 minutes; remove to wire racks to cool completely.

Serves 12

Preparation time: 5 minutes

Cooking time: 18 minutes

Nutrition Facts

Nutrition (per serving): 0.0 calories; 0.0g total fat; 0.0mg cholesterol; 0.0mg sodium; 0.0mg potassium; 0.0g carbohydrates; 0.0g fiber; 0.0g protein.

Recipe Source

Source: Nestlé

Buffalo Chicken Wings

2 lbs broiler-fryer chicken wings
1 egg
1 cup cooking oil
2 cups cider vinegar
1 tsp salt
1/2 tsp cayenne pepper to taste
1/8 tsp garlic powder
1/8 tsp nutmeg
1/8 tsp celery salt
dash coriander
dash ground cloves
celery sticks

Chicken

In medium bowl, beat egg; add oil and beat again. Add vinegar, salt, pepper, cayenne, garlic powder, nutmeg, celery salt, coriander and cloves; stir well.

Cut chicken wings in half at joint; remove wing tips and reserve for later use (soup stock).

Dip wing drumettes into sauce and place into shallow roasting pan. Bake for 10 minutes at 500°F., turning and basting with sauce several times until wings reach desired crispness.

Remove from oven, drain and remove to warm platter garnished with celery sticks. Serve with Creamy Blue Cheese Dipping Sauce.

Creamy Blue Cheese Dipping Sauce

In medium bowl, place 2 tablespoons chopped onion, 1 garlic clove (crushed), 1/4 cup chopped fresh parsley, 1 cup mayonnaise, 1/2 cup dairy sour cream, 1 tablespoon lemon juice, 1 tablespoon vinegar and 1/4 cup crumbled blue cheese. Stir and add salt, pepper, and cayenne to taste. Cover and chill.

Serves 20

Nutrition Facts

Nutrition (per serving): 110.2 calories; 92% calories from fat; 11.5g total fat; 12.1mg cholesterol; 136.8mg sodium; 49.1mg potassium; 1.8g carbohydrates; 0.2g fiber; 0.2g sugar; 0.9g protein.

Recipe Source

Source: National Chicken Council

Butterscotch Cream Cheese Bars

These cream cheese bars have a sweet, butterscotch graham crust and topping.

1 2/3 cups (11-oz. pkg.) NESTLÉ® TOLL HOUSE® Butterscotch Flavored Morsels
6 Tbs butter or margarine
2 cups graham cracker crumbs
2 cups chopped walnuts
2 pkg. (8 oz. each) cream cheese, softened
1/2 cup granulated sugar
4 large eggs
1/4 cup all-purpose flour
2 Tbs lemon juice



Preheat oven to 350° F.

Microwave morsels and butter in medium, microwave-safe bowl on MEDIUM-HIGH (70%) power for 1 minute; stir. Microwave at additional 10- to 20-second intervals, stirring until smooth. Stir in crumbs and nuts. Reserve 2 cups crumb mixture; press remaining mixture into ungreased 15 x 10-inch jelly-roll pan.

Bake for 12 minutes.

Beat cream cheese and sugar in large mixer bowl until creamy. Add eggs one at a time, beating well after each addition. Beat in flour and lemon juice. Pour over crust; sprinkle with reserved crumb mixture.

Bake for 20 to 25 minutes or until set. Cool in pan on wire rack. Cut into bars or diamonds; refrigerate.

Serves 48

Preparation time: 15 minutes

Cooking time: 32 minutes

Nutrition Facts

Nutrition (per serving): 134.3 calories; 58% calories from fat; 9.1g total fat; 33.3mg cholesterol; 58.0mg sodium; 45.5mg potassium; 11.9g carbohydrates; 0.4g fiber; 2.4g protein.

Recipe Source

Source: Nestlé

Butterscotch Haystacks

Tasty treats good for any occasion, these haystacks are mounded with a mixture of peanut butter, butterscotch chips, marshmallows and chow mein noodles. To enjoy in a snap, make them the microwave way.

1 2/3 cups (11-oz. pkg.) NESTLÉ® TOLL HOUSE® Butterscotch Flavored Morsels
3/4 cup creamy peanut butter
1 can (8.5 oz.) or 2 cans (5 oz. each) chow mein noodles
3 1/2 cups miniature marshmallows



Line baking sheets or trays with waxed paper.

Microwave morsels in large, microwave-safe bowl on MEDIUM-HIGH (70%) power for 1 minute; stir. Microwave at additional 10- to 20-second intervals, stirring until smooth.

Stir in peanut butter until well-blended. Add chow mein noodles and marshmallows; toss until coated. Drop by rounded tablespoon onto prepared baking sheets. Refrigerate until ready to serve.

Serves 72

Preparation time: 10 minutes

Cooking time: 20 minutes

Nutrition Facts

Nutrition (per serving): 56.4 calories; 37% calories from fat; 2.5g total fat; 0.4mg cholesterol; 31.2mg sodium; 18.8mg potassium; 8.1g carbohydrates; 0.3g fiber; 1.6g sugar; 1.0g protein.

Recipe Source

Source: Nestlé

Carolina Barbecue

1 5-pound Boston butt roast
2 tsp vegetable oil
1 1/2 cups water
1 8-oz. tomato sauce
1/4 cup cider vinegar
1/4 cup Worcestershire sauce
1/4 cup brown sugar
salt to taste
pepper to taste
1 tsp celery seeds
1 tsp chili powder
dash hot pepper sauce



Randomly pierce the surface of the roast with a sharp knife.

In a Dutch oven, brown roast on all sides in hot oil. In a mixing bowl, combine remaining ingredients and mix well.

Pour sauce over roast and bring to a boil.

Reduce heat, cover and simmer 2 hours or until pork is fork-tender.

Baste roast with sauce during cooking time.

Slice or chop to serve.

Serves 20

Nutrition Facts

Nutrition (per serving): 260.0 calories; 11.0g total fat; 0.0mg cholesterol; 160.0mg sodium; 4.0g carbohydrates; 33.0g protein.

Recipe Source

Source: National Pork Board

Cheddar Chicken Casserole

4 fresh boneless, skinless chicken breasts, (16-20 ounces total)

1 cup stewed tomatoes

1 (10 3/4-oz) can condensed cream of mushroom soup

1 (10 3/4-oz) can condensed cheddar cheese soup

1 fresh jalapeño, seeded and chopped

1 onion, peeled and chopped

2 cups tortilla chips

2 cups grated cheddar cheese

Preheat oven to 350°F. Lightly spray a 13x9x2-inch baking dish with vegetable cooking spray; set aside.

Poach chicken in water to cover in a deep saucepan; cook until chicken is no longer pink, drain, cool and dice.

Combine chicken in prepared baking dish with tomatoes, cream of mushroom soup, cheddar cheese soup, jalapeno, and onion. Layer tortilla chips on top and sprinkle with cheddar cheese. Bake for 25-30 minutes.

Serves 9

Preparation time: 12 minutes

Cooking time: 35 minutes

Nutrition Facts

Nutrition (per serving): 270.0 calories; 48% calories from fat; 15.0g total fat; 0.0mg cholesterol; 780.0mg sodium; 13.0g carbohydrates; 2.0g fiber; 23.0g protein.

Recipe Source

Source: Nestlé

Cheesy Baked Chicken

These cheesy chicken legs bake up moist and juicy on the inside and tender and crunchy on the outside. Great for a casual party.

1/4 cup chopped fresh parsley

2 Tbs olive oil

1 clove garlic, crushed

1/2 tsp salt

1/4 tsp ground black pepper

3 lbs fresh chicken drumsticks

1/2 cup dry bread crumbs

1/4 cup grated Parmesan cheese

Combine parsley, olive oil, garlic, salt and pepper in a large mixing bowl. Add chicken pieces, turning to coat evenly. Cover and refrigerate for 1 hour.

Meanwhile heat oven to 375°F.

Combine dry bread crumbs and Parmesan cheese in a pie plate. Roll each chicken piece in the mixture, shaking off any excess. Arrange in a single layer in a 13x9x2-inch baking pan. Bake for 1 hour or until chicken is thoroughly cooked.

Serves 6

Preparation time: 10 minutes

Cooking time: 60 minutes

Nutrition Facts

Nutrition (per serving): 131.7 calories; 55% calories from fat; 8.2g total fat; 21.1mg cholesterol; 368.7mg sodium; 87.0mg potassium; 7.1g carbohydrates; 0.3g fiber; 7.2g protein.

Recipe Source

Source: Nestlé

Cheesy Corn On The Cob

One bite and you'll fall in love with corn.

8 ears corn, husks, silks removed
3 Tbs reduced-calorie stick margarine, melted
1/4 tsp garlic salt
4 slices fat-free American cheese

Fill a 1-gallon pot half full with water and bring to a boil over high heat. Add corn and boil for 7 minutes or until kernels are tender. Drain corn.

In a small bowl, combine melted margarine and garlic salt. Using a pastry brush, coat corn with margarine mixture.

Place in serving dish and lay 1/2 slice of cheese over each ear of corn. Allow to stand for 5 minutes before serving so that cheese melts.

Serves 8

Nutrition Facts

Nutrition (per serving): 87.0 calories; 31% calories from fat; 3.0g total fat; 0.0mg cholesterol; 211.0mg sodium; 12.0g carbohydrates; 1.0g fiber; 3.0g protein.

Recipe Source

Source: American Diabetes Association

Chicken With Green Grapes

3 boneless skinless chicken breasts, halved
1/2 tsp salt, (optional)
1/2 tsp nutmeg
Freshly-ground black pepper, to taste
1 Tbs olive oil
1 Tbs apricot jam
1/2 tsp tarragon
4 green onions, chopped
1/2 cup dry white wine
1 cup seedless green grapes
1/4 cup evaporated fat-free milk

Sprinkle chicken with salt, nutmeg, and pepper. In large nonstick skillet, heat oil. Brown chicken breasts on each side.

Add jam, tarragon, green onions, and wine. Cover, reduce heat to simmer, and cook 15 minutes. Add grapes and cook 5 minutes. Remove chicken and grapes with slotted spoon and keep warm.

Add milk to the pan. Turn heat up and reduce, uncovered, until liquids thicken. Spoon over chicken and grapes and serve.

Serves 6

Nutrition Facts

Nutrition (per serving): 207.0 calories; 21% calories from fat; 5.0g total fat; 73.0mg cholesterol; 251.0mg sodium; 6.0g carbohydrates; 0.0g fiber; 29.0g protein.

Recipe Source

Source: American Diabetes Association

Chinese-Style Spareribs

6 lbs pork spareribs
1/4 cup hoisin sauce
1/4 cup water
3 Tbs dry sherry
2 Tbs honey
2 Tbs soy sauce
2 garlic cloves, minced



Cut spareribs into serving-size portions.

Place large plastic bag in large bowl. In bag, combine remaining ingredients; mix well. Add ribs, close bag tightly.

Refrigerate 6 hours or overnight; turn bag several times to distribute marinade.

Drain ribs, reserving marinade.

Place ribs in shallow roasting pan; cover with foil and bake in a 350 degree F. oven for 1 1/2 hours.

Uncover and brush ribs with the reserved marinade.

Discard leftover marinade. Bake, uncovered, for 30 minutes or till done.

Serves 10

Nutrition Facts

Nutrition (per serving): 740.0 calories; 59.0g total fat; 0.0mg cholesterol; 350.0mg sodium; 6.0g carbohydrates; 43.0g protein.

Recipe Source

Source: National Pork Board

Chocolate Chiffon Cake

3/4 cup sifted cake and pastry flour
1/4 cup unsweetened cocoa powder
2/3 cup granulated sugar
2 tsp baking powder
1/2 tsp salt
1/4 cup canola oil
1/4 cup water
1 tsp vanilla
2 egg yolks
4 egg whites
1/4 tsp cream of tartar

Line bottom only of 8-inch cake pan with waxed paper cut to fit. Or, alternatively, have 10-inch tube pan ready.

In medium bowl, combine flour, cocoa powder, 1/3 cup sugar, baking powder, and salt; mix well. Pour in oil, water, vanilla, and egg yolks. Beat for 1 minute or until very smooth. Wash beaters.

In large bowl, and with clean beaters, beat egg whites and cream of tartar until soft peaks form. Add remaining sugar and beat until stiff peaks form.

Pour egg yolk mixture evenly over stiffly beaten egg whites. Fold in until blended and evenly colored.

Pour into prepared pan. With knife, cut through batter to remove air bubbles. Smooth top.

Bake in 350 degree oven for 40 minutes or until tester inserted in center comes out clean.

Cool on wire rack. (Or, if tube pan is used, invert pan and allow to hang upside down on its own rack or funnel.) Loosen around edge of cake; invert onto cake plate. Remove waxed paper.

Serves 16

Nutrition Facts

Nutrition (per serving): 96.0 calories; 4.0g total fat; 26.0mg cholesterol; 109.0mg sodium; 13.0g carbohydrates; 1.0g protein.

Recipe Source

Source: American Diabetes Association

Chocolate Chip Cookies

1/4 cup low-calorie margarine
1 Tbs granulated fructose
1 egg substitute equivalent
3 Tbs water
1 tsp vanilla
3/4 cup flour
1/4 tsp baking soda
1/4 tsp salt
1/2 cup semisweet chocolate chips

Preheat the oven to 375 degrees. In a medium bowl, cream the margarine and the fructose. Beat in the egg, water, and vanilla; mix thoroughly.

In a sifter, combine the flour, baking soda, and salt. Sift the dry ingredients into the creamed mixture and mix well. Stir in the chocolate chips.

Lightly spray cookie sheets with nonstick cooking spray. Drop teaspoonfuls of dough onto cookie sheets and bake for 8 to 10 minutes. Remove the cookies from the oven and cool them on racks.

Serves 10

Nutrition Facts

Nutrition (per serving): 101.0 calories; 43% calories from fat; 5.0g total fat; 0.0mg cholesterol; 119.0mg sodium; 14.0g carbohydrates; 1.0g fiber; 2.0g protein.

Recipe Source

Source: American Diabetes Association

Clear Watercress & Enoki Soup

You can experiment by adding Asian flavorings to this soup.

5 cups chicken broth
1 1/2 cups chopped and trimmed watercress
1 package fresh Enoki mushrooms

Wash and cut the lower portion of Enoki mushrooms and discard. Simmer together chicken broth, watercress and Enoki mushrooms for 4 to 6 minutes, until watercress is dark green. Serve at once.

Serves 4

Nutrition Facts

Nutrition (per serving): 52.0 calories; 30% calories from fat; 1.8g total fat; 0.0mg cholesterol; 959.5mg sodium; 328.6mg potassium; 1.8g carbohydrates; 0.3g fiber; 0.0g sugar; 6.5g protein.

Recipe Source

Source: The Mushroom Council

Combo Burgers

1 1/2 lbs combination of lean ground sirloin, lean ground pork, and lean ground veal
2 Tbs ice water
1/4 cup ground oats
1/4 cup bottled chili sauce
1 small onion, minced
2 tsp Worcestershire sauce
Salt, to taste
Freshly-ground black pepper, to taste

Prepare an outside grill with an oiled rack set 4 inches above the heat source. On a gas grill, set the heat to high.

Combine the meat with the remaining ingredients. Shape into 6 patties. Grill the burgers for 10 minutes until they are crusty outside and slightly pink inside.

Serves 6

Nutrition Facts

Nutrition (per serving): 169.0 calories; 23% calories from fat; 4.0g total fat; 76.0mg cholesterol; 227.0mg sodium; 6.0g carbohydrates; 1.0g fiber; 25.0g protein.

Recipe Source

Source: American Diabetes Association

Corn, Cheddar, and Sun-Dried Tomato Muffins

This is our version of a gussied-up corn muffin. We serve them at brunch as a savory alternative to all of the sweets. They are also great spread with pesto or served alongside either the Chiapas Tortilla Soup or Cuban Black Bean Soup.

1/2 cups cake flour (not self-rising)
1 cup yellow cornmeal
1/2 Tbs baking powder
1 1/2 Tbs sugar
1/2 tsp salt
1/2 tsp freshly ground black pepper
6 oz (1 1/2 cups) grated sharp white cheddar cheese
3/4 cup chopped rehydrated sun-dried tomatoes
1/2 cup thinly sliced scallions
1 1/2 cups warmed whole milk
6 oz (1 1/2 sticks) unsalted butter, melted and cooled
1/3 cup vegetable oil
1 egg

Preheat the oven to 400 F. Butter a 12-cup muffin tin.

Combine the flour, cornmeal, baking powder, sugar, salt, and pepper in a large mixing bowl; mix well. Add the cheese, sun-dried tomatoes, and scallions and toss well.

Whisk together the warm milk, melted butter, oil, and egg in a separate bowl.

Add the wet ingredients to the dry and mix together just until a soft dough forms. (Be careful not to overmix the dough.) Fill the prepared muffin cups to the rim with batter. Bake until the tops start to brown slightly, 20 to 25 minutes.

Cool for 2 to 3 minutes, then turn out onto a wire rack to cool. Serve warm or at room temperature.

Remove to a rack and let cool to room temperature. Cover and refrigerate for at least 2 hours or up to 2 days.

Serves 12

Nutrition Facts

Nutrition (per serving): 258.7 calories; 72% calories from fat; 21.4g total fat; 59.1mg cholesterol; 298.9mg sodium; 220.6mg potassium; 13.4g carbohydrates; 1.3g fiber; 4.8g protein.

Recipe Source

Source: Culinary Café

Crab Dip

8 oz pkg cream cheese
1 dash tabasco sauce
1 stick butter
1/2 tsp garlic powder
1 lb white crabmeat
1/4 tsp white pepper
1 small onion, finely chopped

In a double boiler, melt the cream cheese and butter. Add the crabmeat and seasonings. Serve in a chafing dish to keep warm. Good with dip-size corn chips, in pastry shells, or crackers.

Serves 6

Nutrition Facts

Nutrition (per serving): 337.2 calories; 76% calories from fat; 29.2g total fat; 126.7mg cholesterol; 444.2mg sodium; 334.1mg potassium; 2.8g carbohydrates; 0.2g fiber; 0.6g sugar; 16.3g protein.

Recipe Source

Source: Culinary Café

Cream of Asparagus Soup

1 can (14.5 oz) asparagus cuts and tips
Milk
1/4 cup finely chopped onions
1/4 cup margarine or butter
1/4 cup flour
1/2 tsp salt
1 tsp chicken bouillon



Drain Michigan Asparagus, reserving liquid. Add enough milk to liquid to measure 4 cups; set aside. In food processor or electric blender, puree asparagus; set aside.

In 3-quart saucepan over medium heat, cook onions in butter until soft but not brown. Stir in flour, salt and bouillon. Add mild mixture and asparagus, stirring until smooth. Cook, stirring constantly, until mixture boils. Cook and stir 1 minute longer. Remove from heat; serve hot. Garnish with cooked asparagus spears if desired.

Serves 4

Nutrition Facts

Nutrition (per serving): 154.5 calories; 68% calories from fat; 12.0g total fat; 31.7mg cholesterol; 681.3mg sodium; 217.9mg potassium; 9.8g carbohydrates; 1.4g fiber; 3.2g protein.

Recipe Source

Source: Michigan Asparagus Advisory Board

Creamy Chive Dip

Pack this dip in a crock or sturdy Tupperware container and pack it in your picnic basket, along with some crunchy vegetables or chewy pita bread wedges.

8 oz low-fat cottage cheese
1/2 cup nonfat sour cream
4 tsp garlic powder
4 tsp onion powder
3 Tbs minced fresh chives

Mix all ingredients together by hand until smooth.

Serves 12

Nutrition Facts

Nutrition (per serving): 22.0 calories; 0% calories from fat; 0.0g total fat; 2.0mg cholesterol; 84.0mg sodium; 3.0g carbohydrates; 0.0g fiber; 3.0g protein.

Recipe Source

Source: American Diabetes Association

Crusty Corn Bread

A very common meal in the South is greens, pot likker (the broth, usually flavored with meat), and corn bread. You can't get much more Southern than that!

1 cup yellow cornmeal
1 Tbs whole-wheat flour
1/4 cup unprocessed uncooked wheat bran
1 tsp baking soda
1 tsp salt
1 cup low-fat buttermilk
1 egg
3 Tbs corn oil

Preheat the oven to 425 degrees. Combine the dry ingredients in a large bowl. Combine the buttermilk, egg, and oil and add to the dry ingredients, stirring just until the dry ingredients are moistened.

Pour the batter into an 8- by 8-inch pan or cast-iron skillet. (If using cast-iron, preheat the skillet in the oven for 3 minutes before adding the batter.) Bake for 20 minutes.

Serves 10

Nutrition Facts

Nutrition (per serving): 113.0 calories; 44% calories from fat; 6.0g total fat; 22.0mg cholesterol; 391.0mg sodium; 14.0g carbohydrates; 2.0g fiber; 3.0g protein.

Recipe Source

Source: American Diabetes Association

Cucumbers And Onions In Dill Dressing

2 large cucumbers, peeled, and thinly sliced
1/2 medium onion, thinly sliced, and separated into rings

Dressing

1/2 cup fat-free mayonnaise
1 Tbs white vinegar, plus
1 tsp white vinegar
1/4 tsp dill weed
1 packet NutraSweet artificial sweetener

Combine cucumbers and onion in a serving dish. In a separate bowl, whisk together mayonnaise, vinegar, dill weed, and sweetener.

Pour dressing over vegetables and toss to coat. Cover salad and chill for 30 minutes for best flavor.

Serves 4

Nutrition Facts

Nutrition (per serving): 45.0 calories; 11% calories from fat; 0.0mg cholesterol; 215.0mg sodium; 9.0g carbohydrates; 1.0g fiber; 1.0g protein.

Recipe Source

Source: American Diabetes Association

Curried Turkey Ham Puffs

Filling

1/2 lb turkey ham finely chopped
1/4 cup onion finely chopped
1/4 cup celery finely chopped
1/4 cup unsweetened applesauce
2 Tbs no cholesterol reduced-calorie mayonnaise
3/4 tsp curry powder

Pastry

1/2 cup water
1/4 cup margarine at room temperature
1/2 cup flour
2 Eggs at room temperature

Filling

In medium-size bowl combine ham, onion, celery, applesauce, mayonnaise and curry powder.

Use as a spread for sandwiches or as a filling for pastry puffs (recipe follows). Spoon 1 tablespoon turkey filling on bottom half of each pastry puff. Replace top half on puff.

Pastry

Place one oven rack in upper third of oven and the other rack in the lower third of the oven.

In medium-size saucepan, over medium-high heat, bring water and margarine to boil. Remove from heat; add flour. Beat with spoon until smooth. Reduce heat to low; return pan to heat. Continue cooking and stirring mixture until it forms a ball (about 1 to 2 minutes). Remove from heat and allow mixture to cool 2 minutes. Using a spoon, add eggs, one at a time, beating vigorously, until dough is smooth.

On 2 ungreased cookie sheets, drop 24 rounded teaspoons of dough, 1-inch apart. Bake puffs at 425 degrees F. 15 minutes. Reduce heat to 375 degrees F. and continue baking puffs 15 minutes. Do not open door during baking and do not remove puffs from oven until they are firm to touch. Allow puffs to cool completely. Cut puffs in half crosswise, and fill.

Another heading

Serves 24

Nutrition Facts

Nutrition (per serving): 49.0 calories; 3.0g total fat; 0.0mg cholesterol; 126.0mg sodium; 3.0g carbohydrates; 3.0g protein.

Recipe Source

Source: The National Turkey Federation

Easy Spinach Stuffed Mushrooms

16 each Large Fresh white mushrooms
1 pkg (12 oz.) Frozen spinach souffle, thawed

Preheat oven to 400 degrees. Remove mushroom stems. Spray both sides of caps with nonstick cooking spray. Place caps, cavity side down, on a shallow baking pan.

Bake until tender and golden, about 10 minutes. Turn caps cavity side up. Fill each cap with spinach souffle. Bake until hot, about 10 minutes.

Serves 4

Nutrition Facts

Nutrition (per serving): 48.2 calories; 4% calories from fat; 2.4g total fat; 25.5mg cholesterol; 105.1mg sodium; 232.4mg potassium; 4.4g carbohydrates; 0.9g fiber; 1.4g sugar; 3.6g protein.

Recipe Source

Source: The Mushroom Council

Egg Drop and Noodle Soup

8 oz Medium Egg Noodles, uncooked
8 14 1/2 oz cans low-sodium chicken broth
2 large eggs
4 Tbs water
1/2 cup grated Parmesan cheese
1/2 tsp freshly ground black pepper
1 cup frozen chopped spinach, thawed and drained well or 1
cup chopped fresh spinach, stems removed
Salt to taste

In a medium saucepan, heat the chicken broth to a boil. Stir in the egg noodles and cook according to package directions.

Meanwhile, beat the eggs and water together until blended. Beat in the Parmesan cheese and pepper.

Stir the spinach into the broth and reheat to boiling. Pour the egg mixture into the soup slowly while stirring constantly with a fork. Cook 30 seconds. Check the seasoning and add salt if desired. Serve hot.

Serves 8

Nutrition Facts

Nutrition (per serving): 120.0 calories; 5.0g total fat; 0.0mg cholesterol; 951.0mg sodium; 9.0g carbohydrates; 9.0g protein.

Recipe Source

Source: National Pasta Association

Egg Salad Sandwich

If you love egg salad but have cut it from your meal plan because of the cholesterol, try this zippy recipe, which discards half of the egg yolks. With all of the taste of traditional egg salad and far less fat, it's one of this cookbook author's favorite sandwiches.

2 large hard-cooked eggs, cooled under running water
1 Tbs fat-free sour cream
2 tsp sweet pickle relish
2 tsp reduced-fat mayonnaise
1/4 tsp Dijon-style mustard
1 pinch salt, (optional)
1/4 cup finely-chopped celery
2 slices reduced-fat whole-wheat bread
Paprika for garnish, (optional)

Cut each egg in half. Carefully remove the yolks. Discard one yolk.

In a small bowl, mash the remaining egg yolk. Add the sour cream, pickle relish, mayonnaise, mustard, and salt (if desired). Stir to mix well. Stir in the celery. Chop the egg whites and stir them into the yolk mixture.

Spread the mixture on each slice of bread. Serve as open-faced sandwiches. If desired, garnish with a light sprinkling of paprika.

Serves 2

Nutrition Facts

Nutrition (per serving): 148.0 calories; 41% calories from fat; 7.0g total fat; 215.0mg cholesterol; 296.0mg sodium; 14.0g carbohydrates; 3.0g fiber; 9.0g protein.

Recipe Source

Source: American Diabetes Association

French Dip Sandwich

5 lb boneless rump roast
1 Tbs garlic powder
1/2 tsp seasoned salt
1/4 tsp cayenne
1/2 tsp oregano
1/2 tsp rosemary
2 beef bouillon cubes
1 onion; chop fine
1 to 2 cans onion soup or beef broth

Put all in slow cooker. Cook SLOW 8 to 10 hours or HIGH 4 to 6 hours.

If gravy is too thin mix cornstarch with some of gravy. Heat until thickened.

Slice thin and serve on French bread or French rolls.

Serves 6

Nutrition Facts

Nutrition (per serving): 1152.1 calories; 72% calories from fat; 92.2g total fat; 264.7mg cholesterol; 961.0mg sodium; 1174.4mg potassium; 6.9g carbohydrates; 0.9g fiber; 2.5g sugar; 69.3g protein.

Recipe Source

Source: Culinary Café

Fried Chicken with Garlic Walnut Sauce

Garlic and walnuts are the aromatic base to a simple sauce that coats golden fried chicken. Serve with egg noodles and steamed vegetables on the side.

1 (3.5-lb.) fresh whole chicken, cut up
3/4 tsp salt, divided
1/2 tsp ground black pepper, divided
2 Tbs butter
1 Tbs vegetable oil
1 cup walnuts, toasted
10 clove garlic, peeled
1 cup water

Season chicken with half the salt and half the pepper.

In a large skillet melt butter and oil over medium-high heat. Cook chicken until golden brown on all sides, about 15 minutes; adjust heat as needed. Cover pan and continue cooking over low heat for 20 minutes, or until chicken is done; transfer to another dish and hold warm.

Meanwhile, in a blender or food processor, finely grind together walnuts, garlic and remaining salt and pepper.

Pour off all but 4 tablespoons of pan drippings and heat to medium-high. Add walnut and garlic mixture and sauté for 1 minute, until just golden. Add water and simmer for 5 minutes. Return chicken to pan, turning to coat evenly with sauce. Heat thoroughly before serving.

Serves 4

Preparation time: 10 minutes

Cooking time: 46 minutes

Nutrition Facts

Nutrition (per serving): 740.0 calories; 66% calories from fat; 54.0g total fat; 0.0mg cholesterol; 650.0mg sodium; 6.0g carbohydrates; 2.0g fiber; 57.0g protein.

Recipe Source

Source: Nestlé

Fruity Mousse

1 package Philadelphia Brand Free fat-free cream cheese - (8 oz), softened

1 container Crystal Light pink lemonade flavor low-calorie soft drink mix, divided

1 cup skim milk

1 container Cool Whip Lite whipped topping - (8 oz), thawed

Beat cream cheese and 1 1/2 teaspoons of the drink mix in large bowl with electric mixer on medium speed until well blended and smooth. Gradually add milk, mixing until well blended.

Gently stir in whipped topping until well blended. Pour into serving bowl or individual dishes.

Refrigerate 3 hours or until firm. Serve with fresh fruit, if desired.

This recipe yields 10 servings. Serving size: 1/2 cup.

Exchanges Per Serving: 1/2 Carbohydrate, 1/2 Saturated Fat.

Serves 10

Nutrition Facts

Nutrition (per serving): 80.0 calories; 37% calories from fat; 3.0g total fat; 3.0mg cholesterol; 130.0mg sodium; 9.0g carbohydrates; 0.0g fiber; 5.0g protein.

Recipe Source

Source: American Diabetes Association

Game Hens With Cranberry Barbecue Sauce

1 1/2 cups fresh cranberries
1/4 cup orange juice
1/4 cup commercial barbecue sauce
2 Tbs sugar
3 Cornish game hens, split
Salt, to taste
Freshly-ground black pepper, to taste

Preheat the oven to 350 degrees.

Combine the cranberries, juice, barbecue sauce, and sugar and bring to a boil over high heat. Lower heat and simmer for 10 minutes.

Place the hens in a roasting pan. Sprinkle with pepper and salt. Roast the hens, uncovered, for 30 minutes. Baste hens with some of the sauce and continue to roast for an additional 20 minutes, until juices run clear.

Serve with additional warm sauce on the side.

Serves 6

Nutrition Facts

Nutrition (per serving): 288.0 calories; 54% calories from fat; 18.0g total fat; 124.0mg cholesterol; 169.0mg sodium; 10.0g carbohydrates; 1.0g fiber; 21.0g protein.

Recipe Source

Source: American Diabetes Association

Gingered Pork with Peanut Sauce

A complete meal, this skillet dish features stir-fried Thai-seasoned pork tenderloin pieces, popular Ramen noodles, and fresh spinach. Add only fresh fruit to the menu.

1 lb pork tenderloin
1 3-ounce package pork-flavored Oriental noodles
2 tsp vegetable oil
1/2 tsp red pepper flakes
1 tsp grated fresh ginger root
1/4 cup peanut butter
2 Tbs soy sauce
2 cups torn spinach, washed and drained
1/4 cup sliced green onions



Cut tenderloin into 1/4-inch slices, cut each slice in half.

Cook noodles as directed on package; drain, reserving cooking water, and keep warm.

Heat oil in a heavy skillet over high heat; add pork, red pepper flakes and ginger.

Cook and stir until pork is done, about 4-5 minutes.

Remove pork and keep warm.

Blend peanut butter, 1/2 cup reserved cooking water and soy sauce; heat and stir until hot, adding more cooking water, if needed.

Toss cooked pork, noodles, spinach and green onions with peanut sauce.

Serves 4

Nutrition Facts

Nutrition (per serving): 290.0 calories; 17.0g total fat; 0.0mg cholesterol; 730.0mg sodium; 8.0g carbohydrates; 29.0g protein.

Recipe Source

Source: National Pork Board

Green Leaf Salad With Bleu Cheese Dressing

6 cups torn green leaf lettuce
1 pint cherry tomatoes, halved
1 small red onion, sliced thin rings
1/2 cup white mushrooms, well cleaned, and thinly sliced
1/4 cup low-fat yogurt
1/4 cup low-fat cottage cheese
4 Tbs low-fat buttermilk
2 Tbs bleu cheese
Freshly-ground black pepper, to taste
Mint sprigs, for garnish

Combine the lettuce, tomatoes, onion, and mushrooms in a large bowl. Mound the mixture on individual plates.

In a medium bowl, combine the yogurt, cottage cheese, buttermilk, and bleu cheese and mix by hand until smooth. Add the pepper. Drizzle the dressing over each salad. Garnish with mint and serve.

This recipe yields 6 servings. Serving size: 1 cup lettuce, 1/2 cup vegetables, 1 tablespoon dressing.

Exchanges Per Serving: 1 Vegetable, 1/2 Saturated Fat.

Serves 6

Nutrition Facts

Nutrition (per serving): 55.0 calories; 20% calories from fat; 1.0g total fat; 3.0mg cholesterol; 96.0mg sodium; 8.0g carbohydrates; 2.0g fiber; 4.0g protein.

Recipe Source

Source: American Diabetes Association

Grilled Catfish

6 medium whole catfish, dressed
1/3 cup olive oil
Juice of 6 lemons
1 tsp Dijon mustard
2 Tbs Worcestershire sauce
1/2 tsp salt
1 tsp paprika

Heat an outside grill or set the oven to broil. Combine all ingredients except the fish in a small bowl.

Place the fish on the grill or broiler and cook for 20 minutes on each side, basting frequently with the sauce.

Serves 6

Nutrition Facts

Nutrition (per serving): 278.0 calories; 57% calories from fat; 18.0g total fat; 91.0mg cholesterol; 247.0mg sodium; 2.0g carbohydrates; 0.0g fiber; 27.0g protein.

Recipe Source

Source: American Diabetes Association

Grilled Turkey With Garlic Sauce

1/3 cup minced parsley
5 garlic cloves, minced
1/3 cup lemon juice
1/4 cup olive oil
1 tsp paprika
1 tsp cumin
1 dash cayenne pepper
1 1/2 lbs turkey breast slices, pounded 1/4" thick
1 Tbs olive oil, for brushing turkey

In a blender, blend all sauce ingredients together.

Grill or broil the turkey breasts 6 inches from the heat source, brushing with olive oil to keep moist. Grill on each side about 4 minutes.

Top each slice with some of the sauce (about 2 to 3 tablespoons per slice).

Serves 6

Nutrition Facts

Nutrition (per serving): 229.0 calories; 47% calories from fat; 12.0g total fat; 75.0mg cholesterol; 52.0mg sodium; 2.0g carbohydrates; 0.0g fiber; 28.0g protein.

Recipe Source

Source: American Diabetes Association

Ham And Cheese Puffs

These puffy little ham and cheese biscuits make a great snack or appetizer.

- 1 package reduced-fat refrigerator buttermilk biscuits or rolls
- (7 1/2 oz)
- 3 Tbs seasoned tomato sauce
- 2 Tbs chopped reduced-fat ham or Canadian bacon
- 2 Tbs reduced-fat shredded Cheddar cheese

Preheat the oven to 450 degrees. Spray a small baking sheet with nonstick spray coating. Set aside.

Open the biscuit carton, and separate the biscuits. Place them on the baking sheet.

With a small spoon, spread the tomato sauce on the biscuits, dividing the mixture evenly. Top with the ham and cheese, dividing evenly.

Bake in the center of the oven for 8 to 10 minutes or until golden. Serve hot. Leftovers will keep 1 to 2 days in the refrigerator, tightly wrapped.

Serves 10

Nutrition Facts

Nutrition (per serving): 59.0 calories; 16% calories from fat; 1.0g total fat; 2.0mg cholesterol; 231.0mg sodium; 10.0g carbohydrates; 0.0g fiber; 2.0g protein.

Recipe Source

Source: American Diabetes Association

Hearty Meat Loaf

Here's a favorite Southern meal: Homemade mashed potatoes, turnip greens, and meat loaf. Try to have about twice as much greens as potatoes and meat loaf!

1/2 cup low-fat low-sodium beef broth
2 slices whole-wheat bread, finely crumbled
1 lb extra-lean ground beef
2 medium eggs, beaten slightly
1/2 cup finely-chopped onion
1/2 cup finely-chopped celery
1/2 cup grated carrots
2 tsp Worcestershire sauce
1 tsp dry mustard
1 Tbs catsup
Freshly-ground black pepper, to taste

Preheat the oven to 350 degrees. Line a 8- by 8-inch baking pan with foil.

Heat the broth in a large saucepan. Add all ingredients except the catsup and pepper and blend well with a fork.

Add the mixture to the baking pan and pat it quickly into the shape of the pan. Sprinkle with pepper and spread the catsup on top. Cover with foil and bake for 45 minutes. Remove the foil and bake, uncovered, for another 30 minutes.

Serves 6

Nutrition Facts

Nutrition (per serving): 212.0 calories; 48% calories from fat; 11.0g total fat; 118.0mg cholesterol; 225.0mg sodium; 9.0g carbohydrates; 1.0g fiber; 18.0g protein.

Recipe Source

Source: American Diabetes Association

Honey Sweet 'n Sour Wings

3/4 cup honey
3/4 cup diced red sweet peppers
1/3 cup rice wine vinegar
1/3 cup pineapple juice
1/2 tsp garlic salt
1/2 tsp bottled hot pepper sauce
1 1/2 lbs fried or baked chicken wings



Combine honey, peppers, vinegar, pineapple juice and seasonings in small saucepan; mix well.

Cook and stir until mixture begins to thicken.

Pour over chicken wings in baking dish.

Bake at 350 °F 12 to 15 minutes or until wings are glazed with sauce.

Serves 18

Nutrition Facts

Nutrition (per serving): 52.8 calories; 6% calories from fat; 0.4g total fat; 1.9mg cholesterol; 63.2mg sodium; 56.8mg potassium; 14.5g carbohydrates; 0.2g fiber; 12.4g sugar; 0.5g protein.

Recipe Source

Source: National Honey Board

Italian Stuffed Mushrooms

1 lb hot Italian sausage
1 slice finely chopped onion
1/2 green pepper, finely diced
1/4 tsp garlic powder
1/4 cup dry bread crumbs
dash of pepper
1/4 tsp salt
1 1/4 cups spaghetti sauce
40 large mushroom caps
oil
mozzarella cheese (add to preference)

Cook Italian sausage, onion, green pepper, garlic powder, and a handful of mushroom stems, finely chopped, in a skillet, then drain fat. (It's best if you put meat mixture into a food processor with steel blade at this point to give meat a finer texture. Just process for about 5 seconds or less.) Then add bread crumbs, pepper, salt, and spaghetti sauce.

Coat mushroom caps with oil. Fill mushroom caps with meat mixture.

Cover with foil and bake at 350 about 20 minutes. Sprinkle with mozzarella cheese, then broil until cheese is melted and mushrooms are tender. (Or loosely cover with wax paper and microwave.)

Serves 40

Nutrition Facts

Nutrition (per serving): 45.3 calories; 54% calories from fat; 2.9g total fat; 9.5mg cholesterol; 133.5mg sodium; 92.2mg potassium; 2.5g carbohydrates; 0.5g fiber; 1.0g sugar; 2.7g protein.

Recipe Source

Source: Culinary Café

Italian Tuna Salad Toss

- 1 package salad greens - (10 oz)
- 1 can artichoke hearts - (14 oz), drained, quartered
- 1 can tuna in water - (9 1/4 oz), drained, flaked
- 1/2 lb green beans, cooked, drained
- 1 cup sliced plum tomatoes
- 1 bottle Kraft Free Italian fat-free dressing, (8 oz)

Place greens on serving platter. Arrange artichokes, tuna, beans, and tomatoes over greens. Top with dressing.

This recipe yields 6 servings. Serving size: 2 cups.

Exchanges Per Serving: 2 Vegetable, 1 Lean Meat.

Serves 6

Nutrition Facts

Nutrition (per serving): 100.0 calories; 10% calories from fat; 1.0g total fat; 15.0mg cholesterol; 610.0mg sodium; 10.0g carbohydrates; 1.0g fiber; 12.0g protein.

Recipe Source

Source: American Diabetes Association

Jamaican Turkey Stew

2 lbs turkey drumsticks
1 Tbs vegetable oil
1-1/2 cups orange juice
1/2 cup turkey broth or reduced-sodium chicken bouillon
1-1/2 tsp orange rind grated
1-1/2 tsp vinegar
1/8 tsp hot pepper sauce
1 Small bay leaf
1 tsp cornstarch
1 Tbs water

In 5-quart saucepan, over medium-high heat, brown drumsticks in oil 4 minutes per side. Add orange juice, bouillon, orange rind, vinegar, hot pepper sauce and bay leaf. Bring mixture to boil; reduce heat, cover and simmer 45 minutes or until drumsticks are fork tender, juices run clear and meat thermometer registers 180-185 degrees F. Remove drumsticks. With a fork remove meat from bones; set aside.

In same saucepan, over high heat, bring cooking liquid to boil; boil 4 to 5 minutes or until it is reduced by half (about 1-1/4 cups). Remove bay leaf.

In small bowl, combine cornstarch and water; stir into boiling cooking liquid. Stirring constantly, cook until mixture is slightly thickened. Fold in turkey meat and serve over rice if desired.

Serves 4

Nutrition Facts

Nutrition (per serving): 350.0 calories; 16.0g total fat; 0.0mg cholesterol; 231.0mg sodium; 11.0g carbohydrates; 38.0g protein.

Recipe Source

Source: The National Turkey Federation

Lemon Pepper Chicken

A wonderful chicken recipe that is quick and easy to make.

1 Tbs butter
4 chicken breasts
1 bottle lemon-pepper seasoning

Melt butter in a large skillet. Add chicken breasts. Once the breasts are just cooked, cover with the seasoning.

Cook for about 20 minutes or until chicken reaches 160°F. when thermometer is inserted at thickest part and juices run clear when cut.

Serves 4

Nutrition Facts

Nutrition (per serving): 285.1 calories; 18% calories from fat; 5.8g total fat; 144.5mg cholesterol; 153.8mg sodium; 602.7mg potassium; 0.0g carbohydrates; 0.0g fiber; 0.0g sugar; 54.5g protein.

Recipe Source

Author: Julie Allen From PA

Source: Nestlé

Low Carb Pancakes

1/2 cup of ground flax seed meal
1/4 tsp baking powder
2 eggs
2 Tbs oil or melted butter
3 heaping tablespoons of cottage cheese
1/4 cup of cream

Mix all ingredients together. You may need to add a little water to thin.
Fry as you would regular pancakes.

Serves 8

Nutrition Facts

Nutrition (per serving): 118.1 calories; 67% calories from fat; 9.1g total fat; 64.4mg cholesterol; 125.4mg sodium; 99.3mg potassium; 4.2g carbohydrates; 2.7g fiber; 5.6g protein.

Recipe Source

Source: Culinary Café

Low-Calorie, Fat-Free Whipped Cream

2 Tbs water
1 tsp unflavored gelatin
1/2 cup nonfat powdered milk
1 tsp vanilla extract
1 cup ice water
1/2 tsp liquid sugar substitute

In a small skillet, add the water; sprinkle gelatin on top.

After the gelatin has soaked in, stir over low heat until clear; cool. In a large mixing bowl, combine the milk, vanilla, ice water, and sugar substitute; mix well.

Add the gelatin mixture and whip until fluffy with a wire whisk or electric beaters. Refrigerate until ready to use.

Serves 8

Nutrition Facts

Nutrition (per serving): 16.0 calories; 0% calories from fat; 0.0g total fat; 1.0mg cholesterol; 25.0mg sodium; 2.0g carbohydrates; 0.0g fiber; 2.0g protein.

Recipe Source

Source: American Diabetes Association

Low-Fat Cream Cheese Frosting

1 1/3 cups plain nonfat yogurt, strained
3 cups skim-milk ricotta cheese
2 cups low-fat cottage cheese
1/3 cup fructose
3 Tbs evaporated skim milk

Strain the yogurt overnight in cheesecloth over a bowl set in the refrigerator.

Combine all the ingredients in a large bowl; beat well with electric beaters until slightly stiff. Place in a covered container and refrigerate until ready to use (this frosting can be refrigerated for up to 1 week).

This recipe yields 48 servings. Serving size: 2 tablespoons.

Exchanges Per Serving: 1/2 Skim Milk.

Serves 48

Nutrition Facts

Nutrition (per serving): 38.0 calories; 34% calories from fat; 1.0g total fat; 6.0mg cholesterol; 63.0mg sodium; 3.0g carbohydrates; 0.0g fiber; 3.0g protein.

Recipe Source

Source: American Diabetes Association

Marinated Chicken Kabobs

4 tsp fresh lemon juice
1/2 tsp cayenne pepper
Freshly-ground black pepper, to taste
1 piece fresh ginger - (abt 1"), peeled, minced
1 tsp curry powder
4 tsp olive oil
2 whole boneless skinless chicken breasts, halved, and cut into 1/4" strips

In a medium bowl, combine all ingredients except the chicken. Add the chicken and let marinate overnight in the refrigerator.

Thread the chicken onto metal or wooden skewers.

Grill over medium heat until chicken is cooked throughout, about 15 minutes. Transfer to a platter and serve.

This recipe yields 4 servings. Serving size: 3 to 4 ounces.

Exchanges Per Serving: 3 Lean Meat.

Serves 4

Nutrition Facts

Nutrition (per serving): 181.0 calories; 36% calories from fat; 7.0g total fat; 72.0mg cholesterol; 64.0mg sodium; 0.0g carbohydrates; 0.0g fiber; 26.0g protein.

Recipe Source

Source: American Diabetes Association

Marinated Cucumbers

This dish is always great to serve at picnics. Because it is low in calories, you can offset some of the richer foods on the table by including it!

4 cups thinly sliced cucumbers
1 large onion, thinly sliced, and separated into rings
1 cup water
1 cup vinegar, plain or flavored
1 tsp celery seed
1/2 tsp garlic powder (or 1 tspn chopped fresh garlic)
1/2 tsp salt

If the cucumbers are waxed, peel them before slicing. If they are not waxed and are chemical-free, leave the skin on. With a fork, score the sides of each cucumber, creating a ruffled edge. Slice thinly.

Layer the sliced cucumbers and onion in a large bowl. Combine the remaining ingredients and blend thoroughly. Pour the dressing over the cucumbers. Cover and chill at least 2 hours. Use a slotted spoon to serve.

Serves 6

Nutrition Facts

Nutrition (per serving): 28.0 calories; 3% calories from fat; 0.0g total fat; 0.0mg cholesterol; 100.0mg sodium; 7.0g carbohydrates; 1.0g fiber; 1.0g protein.

Recipe Source

Source: American Diabetes Association

Melon In Mint Sauce

1 cup low-fat sour cream
2 Tbs minced mint
2 Tbs sugar
1/4 tsp cardamom
1 cup cubed cantaloupe
1 cup cubed honeydew melon
1 cup cubed watermelon

Combine the first four ingredients in a small bowl and mix well. Add to the melon, toss lightly, and chill for several hours before serving.

Serves 6

Nutrition Facts

Nutrition (per serving): 84.0 calories; 35% calories from fat; 3.0g total fat; 13.0mg cholesterol; 24.0mg sodium; 13.0g carbohydrates; 1.0g fiber; 1.0g protein.

Recipe Source

Source: American Diabetes Association

Mushroom & Spinach Omelet

4 oz Fresh Mushrooms, sliced
3 Tbs Butter or Margarine, divided
2 Tbs Minced Onion
4 large Eggs
1 Tbs Grated Parmesan Cheese
1/4 tsp Salt
1/4 tsp Oregano Leaves, crushed
1/8 tsp Ground Black Pepper
1/2 cup Spinach, cooked & chopped

Rinse, pat dry and slice mushrooms (makes about 1 ¼ cups); set aside. In a medium skillet melt 1-T. butter. Add mushrooms and onion; sauté until golden, about 5 minutes; remove from skillet. In a mixing bowl combine eggs, salt, oregano and pepper.

In the skillet used to sauté mushrooms, melt remaining 2-T. butter. Pour in egg mixture. Cook over moderate heat letting uncooked egg run under the cooked portion. When almost set, top with mushroom mixture and spinach. Sprinkle with Parmesan cheese. Place skillet under a preheated moderately hot broiler until top of omelet is set. Turn out onto a plate and serve.

Serves 2

Nutrition Facts

Nutrition (per serving): 338.9 calories; 74% calories from fat; 28.6g total fat; 488.5mg cholesterol; 478.5mg sodium; 405.6mg potassium; 5.0g carbohydrates; 1.2g fiber; 16.2g protein.

Recipe Source

Source: The Mushroom Council

Old-Fashioned Peanut Butter Chocolate Chip Cookies

Everyone will love this classic cookie combination of peanut butter and chocolate!

1 1/2 cups all-purpose flour
1 tsp baking soda
1 cup (2 sticks) butter or margarine, softened
1/2 cup creamy or chunky peanut butter
1/2 cup granulated sugar
1/2 cup packed brown sugar
1 tsp vanilla extract
1 large egg
1 3/4 cups (11.5-oz. pkg.) NESTLÉ® TOLL HOUSE® Milk Chocolate Morsels
Granulated sugar

Preheat oven to 375° F.

Combine flour and baking soda in small bowl. Beat butter, peanut butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Beat in egg. Gradually beat in flour mixture. Stir in morsels.

Drop dough by rounded tablespoon onto ungreased baking sheets. Press down slightly with bottom of glass dipped in granulated sugar.

Bake for 8 to 10 minutes or until edges are set but centers are still soft. Cool on baking sheets for 4 minutes; remove to wire racks to cool completely.

Serves 42

Preparation time: 20 minutes

Cooking time: 8 minutes

Nutrition Facts

Nutrition (per serving): 138.9 calories; 54% calories from fat; 8.9g total fat; 17.1mg cholesterol; 48.6mg sodium; 71.6mg potassium; 14.9g carbohydrates; 0.9g fiber; 1.8g protein.

Recipe Source

Source: Nestlé

Osso Buco

4 Veal or lamb shanks
Well seasoned flour
1 Clove garlic -- minced
3 Tbs Olive oil
1 cup Canned consomme
1/4 cup Dry white wine
2 Tbs Tomato paste
Rind of 1 lemon -- cut into strips
3 small Carrots -- finely diced
1 Tbs Parsley -- chopped
1/4 tsp Dried marjoram -- crushed
1/4 tsp Dried oregano -- crushed
1/8 tsp Dried sage -- crushed

Roll shanks in flour; brown with garlic in hot oil in skillet. Add remaining ingredients to crockpot. Stir to mix. Add shanks. Cover pot and cook on LOW for 10 to 12 hours until shanks are tender. Garnish with parsley. Serve with pasta

Serves 4

Nutrition Facts

Nutrition (per serving): 590.3 calories; 62% calories from fat; 40.9g total fat; 152.0mg cholesterol; 375.2mg sodium; 931.7mg potassium; 9.7g carbohydrates; 2.4g fiber; 44.5g protein.

Recipe Source

Source: Living Cookbook Staff

Parmesan Triangles

Try these crispy Parmesan snacks the next time your friends drop in.

1 Tbs olive oil
1 Tbs water
1 garlic clove, minced
1 tsp Italian seasoning
25 wonton wrappers, cut in half to form triangles
2 Tbs grated Parmesan cheese

Preheat the oven to 400 degrees. Spray a large baking sheet with nonstick spray coating. Set aside.

In a small bowl, stir together the oil, water, garlic, and Italian seasoning.

Set the wonton wrappers on the baking sheet in a single layer.

With your finger, spread the oil mixture over the wonton triangles. (If the mixture begins to separate, stir again.) Sprinkle with the cheese.

Bake for 3 to 4 minutes until the triangles have crisped. Cool in pan on a wire rack, or serve warm. Triangles will keep for up to a week in an airtight container.

Serves 10

Nutrition Facts

Nutrition (per serving): 61.0 calories; 29% calories from fat; 2.0g total fat; 4.0mg cholesterol; 111.0mg sodium; 9.0g carbohydrates; 1.0g fiber; 2.0g protein.

Recipe Source

Source: American Diabetes Association

Peanut Butter Cookies

1/4 cup low-calorie margarine
1/4 cup creamy peanut butter
2 Tbs brown sugar substitute
1 egg substitute equivalent
1/4 cup water
1 tsp vanilla
1 1/2 cups flour
1 tsp baking soda
1/2 tsp baking powder

In a food processor or by hand, cream together the margarine, peanut butter, and sugar substitute. Add the egg, water, and vanilla and continue to mix until well blended.

Combine the flour, baking soda, and baking powder in a sifter; sift dry ingredients into creamed mixture and mix until completely blended. Refrigerate overnight.

Lightly spray cookie sheets with nonstick cooking spray. Drop teaspoonfuls onto cookies sheets and press with the tines of a fork to flatten each cookie. (Use cookie cutters to create decorative cookies if you prefer.) Bake the cookies at 375 degrees for 12 to 15 minutes, remove from the oven, and let them cool on racks.

Serves 14

Nutrition Facts

Nutrition (per serving): 100.0 calories; 36% calories from fat; 4.0g total fat; 0.0mg cholesterol; 123.0mg sodium; 13.0g carbohydrates; 1.0g fiber; 3.0g protein.

Recipe Source

Source: American Diabetes Association

Picnic Fried Chicken

1/2 cup flour
2 tsp seasoned salt
2 tsp lemon pepper
1 1/2 tsp ground cinnamon
3 lbs fresh whole chicken, cut up
2 cups vegetable oil

Combine flour, seasoned salt, lemon pepper and cinnamon in a shallow bowl. Wash chicken pieces and pat dry. Dredge chicken in flour mixture to coat evenly, shake off excess.

Preheat oven to 350°F.

In a large skillet, heat oil until hot, about 375°F. Brown chicken on all sides. Remove to a shallow baking dish and bake, covered, for 30 minutes or until done. For crispier skin, remove cover during the last 10 minutes.

Serves 4

Preparation time: 6 minutes

Cooking time: 35 minutes

Nutrition Facts

Nutrition (per serving): 580.0 calories; 58% calories from fat; 37.0g total fat; 0.0mg cholesterol; 1020.0mg sodium; 14.0g carbohydrates; 44.0g protein.

Recipe Source

Source: Nestlé

Pineapple 'n' Ham Sandwich Roll-Ups

6 corn tortillas (about 6 inches)
1 container (8 ounces) cream cheese with pineapple, softened
1/4 cup chopped walnuts or pecans
1/8 tsp pumpkin pie spice or ground cinnamon
1 package (6 ounces) thinly sliced ham (about 18 slices)
6-12 lettuce leaves

In small bowl, combine cream cheese, nuts and spice. Mix well.

For each roll-up, briefly cook corn tortilla on both sides in non-stick skillet (about 1 minute). Do not brown. Cool slightly.

Spread about 1/6 of the cream cheese mixture over tortilla to within 1/2 inch of edge. Lay 3 thin slices of ham, overlapping across center of tortilla.

Top with 1 or 2 lettuce leaves. Roll up and wrap in plastic wrap.

Serves 18

Nutrition Facts

Nutrition (per serving): 272.0 calories; 19.0g total fat; 0.0mg cholesterol; 12.0g carbohydrates; 1.0g fiber; 11.0g protein.

Recipe Source

Source: Tortilla Industry Association

Pita Pastrami Roll-Ups

4 mini whole wheat pitas split lengthwise
8 Tbs light cream cheese
1 package (8 ounces) turkey pastrami
8 dill pickle spears

On each pita half spread 1 tablespoon cream cheese; top with 1 slice pastrami.

On edge of pita half, place pickle spear; roll up.

Serves 8

Nutrition Facts

Nutrition (per serving): 115.0 calories; 5.0g total fat; 0.0mg cholesterol; 615.0mg sodium; 11.0g carbohydrates; 8.0g protein.

Recipe Source

Source: The National Turkey Federation

Quick 40-Clove Chicken

6 (4-6 oz.) fresh boneless, skinless chicken breasts

1 tsp coarse salt

1 tsp freshly ground pepper

1/4 cup olive oil

40 cloves garlic, peeled

1/2 cup chopped fresh parsley

Preheat oven to 400°F.

Season chicken all over with salt and pepper. Drizzle with oil and arrange in a single layer in a 13x9-inch baking dish. Scatter garlic cloves over chicken. Cover and bake 20 minutes.

Sprinkle with parsley and bake, uncovered, 10 minutes longer.

Serves 6

Preparation time: 15 minutes

Cooking time: 30 minutes

Nutrition Facts

Nutrition (per serving): 190.0 calories; 10% calories from fat; 2.0g total fat; 0.0mg cholesterol; 490.0mg sodium; 7.0g carbohydrates; 34.0g protein.

Recipe Source

Source: Nestlé

Quick Chocolate Fudge Sauce

Evaporated milk, semi-sweet chocolate chips and vanilla make a creamy chocolate sauce that's great over ice cream or brownies.

1 1/2 cups (12 fluid-ounce can) NESTLÉ®
CARNATION® Evaporated Milk
2 cups (12-ounce package) NESTLÉ® TOLL
HOUSE® Semi-Sweet Chocolate Morsels
2 tsp vanilla extract



Combine evaporated milk and morsels in medium, heavy-duty saucepan. Cook over low heat, stirring frequently, until morsels are melted. Remove from heat; stir in vanilla extract.

Serve warm as a dipping sauce for fresh fruit or spoon over ice cream or cake. Store remaining sauce tightly covered in refrigerator.

Serves 20

Preparation time: 5 minutes

Cooking time: 5 minutes

Nutrition Facts

Nutrition (per serving): 107.0 calories; 49% calories from fat; 6.5g total fat; 5.5mg cholesterol; 21.9mg sodium; 57.9mg potassium; 12.6g carbohydrates; 1.0g fiber; 2.0g sugar; 2.0g protein.

Recipe Source

Source: Nestlé

Quick Quesadillas

12 oz turkey breast cubed
1 Tbs vegetable oil
8 8 inch flour tortillas
2 cups cheddar cheese shredded
1 cup green onions chopped
1/4 cup canned mild jalapeno chile chopped
1 cup mild salsa
As needed sour cream optional
As needed guacamole optional
As needed salsa optional

Stir-fry turkey in oil until the pinkness disappears.

Sprinkle 4 tortillas with turkey, cheese, onions and jalapeno. Drizzle salsa over top.

Cover each tortilla with the remaining tortillas. Place on microwavable plates and microwave on high for 1 to 2 minutes until the cheese is melted and the turkey is heated through.

Cut each tortilla into wedges and serve immediately with optional sour cream, guacamole and salsa.

Serves 16

Nutrition Facts

Nutrition (per serving): 158.0 calories; 7.0g total fat; 0.0mg cholesterol; 364.0mg sodium; 12.0g carbohydrates; 11.0g protein.

Recipe Source

Source: The National Turkey Federation

Ragout of Pork Stroganoff

1 lb Fresh Mushrooms
2 lbs Lean Loin of Pork
6 Tbs Butter, Margarine or Oil
1 cup Onions, chopped
1 1/4 cup Dry White Wine, divided
3 Tbs Tomato Paste
1 1/2 tsp Salt
1 tsp Sugar
1/2 tsp Dill Weed
1/4 tsp Ground Black Pepper
2 Tbs Flour
1 cup Dairy Sour Cream (room temperature)

Rinse, pat dry and slice fresh mushrooms (makes about 5 1/2 cups); set aside. Cut pork into strips about 1/2 inch thick and 2 inches long. In large skillet melt 3 T. butter. Add half of pork; cook until lightly browned on all sides, about 5 minutes, stirring often. Remove from skillet. Repeat with remaining pork.

Cook onions in drippings until tender, about 5 minutes. Add remaining 3 T. butter; heat until melted and add reserved mushrooms; cook and stir until golden, about 5 minutes. Return pork to skillet. Stir in 1 c. of the wine along with tomato paste, salt, sugar, dill weed and black pepper. Bring to boil. Reduce heat and simmer, covered, for 10 minutes. In small bowl combine flour and sour cream. Gradually stir into skillet. Add remaining 1/4 c. wine. Simmer, uncovered until slightly thickened, 5 to 7 minutes, stirring frequently.

Serves 6

Nutrition Facts

Nutrition (per serving): 478.9 calories; 51% calories from fat; 28.0g total fat; 131.3mg cholesterol; 742.6mg sodium; 1139.9mg potassium; 11.8g carbohydrates; 1.8g fiber; 37.4g protein.

Recipe Source

Source: The Mushroom Council

Rich Turkey Stock

2 lbs bony turkey pieces (back, neck, and wings)
6 cups water
3 Stalk celery with leaves coarsely chopped
2 Medium carrots coarsely chopped
1 Large onion cut in chunks
3 Whole cloves
2 bay leaves
5 Cloves garlic (adjust amount used to taste- 1 to 10 cloves)
peeled
1 tsp salt
1/4 tsp white pepper

In a 5 qt. saucepan or Dutch oven, combine all ingredients. Over high heat, bring mixture to a boil. Skim foam from surface. Reduce heat, cover and simmer for 1 hour or until turkey pieces are tender.

Lift out turkey pieces with a slotted spoon. Strain stock through a sieve lined with 1 or 2 layers of cheesecloth. Discard vegetables.

Skim off fat. Use a metal spoon to ladle the fat off the top or chill stock and remove solidified fat layer that forms.

When turkey is cool enough to handle, remove meat from bones. Discard skin and bones. Reserve meat for future use.

Stock may be used at once or stored in a closed container in the refrigerator 1 to 2 days; or stored in freezer up to 6 months.

Serves 5

Nutrition Facts

Nutrition (per serving): 66.0 calories; 23% calories from fat; 1.8g total fat; 17.9mg cholesterol; 523.3mg sodium; 281.9mg potassium; 7.9g carbohydrates; 2.1g fiber; 5.2g protein.

Recipe Source

Source: The National Turkey Federation

Roast Turkey Tenderloins With Kiwi Slaw

1 1/2 lbs turkey tenderloins
Olive oil, for brushing turkey
3 Tbs fresh lime juice
2 Tbs canola oil
1 Tbs honey
2 cups shredded cabbage
1 cup shredded carrots
2 kiwi fruits, peeled, diced

Grill the turkey tenderloins 6 inches from the heat source, about 4 to 5 minutes per side, brushing with the olive oil. Remove the turkey and let cool.

Combine the lime juice, oil, and honey. Toss in the cabbage and carrots. Add the kiwi and toss again.

Serve the turkey at room temperature with the slaw.

Serves 6

Nutrition Facts

Nutrition (per serving): 229.0 calories; 31% calories from fat; 8.0g total fat; 75.0mg cholesterol; 59.0mg sodium; 11.0g carbohydrates; 2.0g fiber; 28.0g protein.

Recipe Source

Source: American Diabetes Association

Roughed-Up Chocolate Chip Cookies

2 1/4 cups whole-wheat flour
3/4 cup unprocessed uncooked wheat bran
1 tsp baking soda
1/3 cup butter
1/4 cup sugar
1/4 cup brown sugar
2 eggs
1/2 cup chopped walnuts
1 cup semisweet chocolate morsels

Preheat the oven to 375 degrees. In a small bowl, combine the flour, bran, and baking soda. In a large bowl, cream the butter and sugar. Beat in the eggs.

Gradually add the flour mixture to the large bowl, mixing well. Stir in the nuts and chocolate. Drop by rounded teaspoonfuls onto ungreased cookie sheets. Bake for 8 to 10 minutes.

Serves 48

Nutrition Facts

Nutrition (per serving): 69.0 calories; 46% calories from fat; 4.0g total fat; 13.0mg cholesterol; 44.0mg sodium; 9.0g carbohydrates; 1.0g fiber; 1.0g protein.

Recipe Source

Source: American Diabetes Association

Sauteed Baby Vegetables

1 Tbs low-calorie margarine
12 baby zucchini
12 baby carrots
12 baby yellow squash
1/4 cup low-fat low-sodium chicken broth
Freshly-ground black pepper, to taste
1 dash salt, (optional)

Melt the margarine in a skillet over medium-high heat. Add the vegetables and saute for 2 minutes.

Add the broth and saute for 4 minutes. Season with pepper and salt and serve.

Serves 6

Nutrition Facts

Nutrition (per serving): 29.0 calories; 34% calories from fat; 1.0g total fat; 0.0mg cholesterol; 36.0mg sodium; 5.0g carbohydrates; 2.0g fiber; 1.0g protein.

Recipe Source

Source: American Diabetes Association

Seasoned Pan-Fried Catfish

1/2 cup instant potato flakes
1/2 tsp seasoned salt
1/8 tsp freshly-ground black pepper
1 lb catfish fillets
1 egg, beaten
Butter-flavored cooking spray, as needed

In a shallow dish, combine potato flakes, seasoned salt, and pepper. Dip catfish fillets in beaten egg, then coat well with seasoned potato mixture.

Place in a large nonstick skillet coated generously with cooking spray, and cook over medium heat until fillets are golden, about 10 minutes.

Spray remaining uncooked side of fillets with cooking spray, turn over, and continue cooking until golden and fish flakes easily with a fork (about 10 more minutes). Turn only once during cooking.

Serves 4

Nutrition Facts

Nutrition (per serving): 165.0 calories; 27% calories from fat; 5.0g total fat; 158.0mg cholesterol; 233.0mg sodium; 7.0g carbohydrates; 23.0g protein.

Recipe Source

Source: American Diabetes Association

Simply Great Steak

6 beef filet mignon steaks - (4 oz ea)

1 tsp olive oil

Cracked peppercorns, to taste

Prepare an outdoor grill with the rack set 4 to 6 inches from the heat source, or prepare an oven broiler. Brush each filet with oil, and press some peppercorns in the top side of each steak.

Grill or broil the steaks for 8 to 12 minutes for medium-rare, or longer to taste, turning once.

Serves 6

Nutrition Facts

Nutrition (per serving): 206.0 calories; 51% calories from fat; 12.0g total fat; 72.0mg cholesterol; 53.0mg sodium; 0.0g carbohydrates; 0.0g fiber; 23.0g protein.

Recipe Source

Source: American Diabetes Association

Spiced Roast Chicken

Tex-Mex flavors coat this roast chicken -- serve it with Rice and Beans and El Rancho Potatoes for a down-home dinner.

- 2 fresh whole chicken, about 3 pounds each
- 1 diced peeled onion
- 4 Tbs lemon juice
- 2 clove garlic, peeled and chopped
- 1 4-oz. can chopped green chile peppers
- 1 tsp chili powder
- 1 tsp cayenne pepper

Preheat oven to 375°F. Remove skin from chicken and discard; place chicken in a bowl and set aside.

In a separate bowl mix together onion, lemon juice, garlic, green chiles, chili powder and pepper. Pour over chicken and marinate in refrigerator for 1 hour, turning occasionally.

Roast the chicken in a shallow pan, basting frequently with the marinade, for 1 to 1¼ hours or until done. Remove from oven and serve hot.

Serves 6

Preparation time: 5 minutes

Cooking time: 60 minutes

Ready in: 65 minutes

Nutrition Facts

Nutrition (per serving): 300.0 calories; 16% calories from fat; 6.0g total fat; 0.0mg cholesterol; 200.0mg sodium; 5.0g carbohydrates; 1.0g fiber; 55.0g protein.

Recipe Source

Source: Nestlé

Stovetop Swiss Steak

Cooking spray, as needed

1 lb round steak, cut into 4 equal portions with fat removed

1 can tomato sauce - (8 oz)

1/3 cup water

1 Tbs Worcestershire sauce

1/4 cup diced onion

1/2 tsp salt

1/8 tsp freshly-ground black pepper

1/2 tsp crushed oregano

1 Tbs dried parsley flakes

1 can peas - (8 1/2 oz), drained, rinsed

Warm a large nonstick skillet coated with cooking spray over medium-high heat. Add steak and brown on both sides. Drain off any fat.

In a small bowl, combine tomato sauce, water, Worcestershire sauce, onion, salt, pepper, oregano, and parsley; mix well. Pour over meat in skillet, cover, and simmer for 30 minutes or until meat is tender.

Gently stir in peas and cook an additional 2 to 3 minutes until peas are thoroughly heated.

Serves 4

Nutrition Facts

Nutrition (per serving): 188.0 calories; 19% calories from fat; 4.0g total fat; 55.0mg cholesterol; 655.0mg sodium; 13.0g carbohydrates; 1.0g fiber; 25.0g protein.

Recipe Source

Source: American Diabetes Association

Swiss Chicken Enchiladas

10 corn tortillas
8 oz light cream cheese, softened
1/4 cup milk
2 cups cubed, cooked chicken
1/2 cup sliced green onions
1/4 cup slivered almonds
4 oz (1 cup) shredded, low-fat Monterey Jack cheese
10 oz mild enchilada sauce
6 oz container frozen avocado dip, thawed
1/2 cup dairy non-fat sour cream
sliced radishes or almonds

Heat oven to 375 degrees F. In large bowl, combine cream cheese and milk. Stir in chicken, onions, 1/4 cup almonds and 1/2 cup of the cheese.

Heat tortillas on griddle. Spoon about 1/4 cup filling down center of each warm tortilla; roll up. Place seam side down in ungreased 13x9 inch (3-quart) baking dish. Pour enchilada sauce evenly over tortillas; sprinkle with remaining cheese.

Bake in preheated oven for 10 to 15 minutes or until bubbly. In small bowl, combine guacamole and sour cream. Spoon over warm enchiladas. Garnish with radishes.

Serves 10

Nutrition Facts

Nutrition (per serving): 223.0 calories; 11.0g total fat; 0.0mg cholesterol; 13.0g carbohydrates; 2.0g fiber; 17.0g protein.

Recipe Source

Source: Tortilla Industry Association

Thumbprint Cookies

Nonstick cooking spray, as needed

3 Tbs Estee fructose

1 1/4 cups all-purpose flour

1/4 tsp Estee Salt-It

1 tsp baking powder

1/2 cup unsalted margarine

1/2 tsp vanilla extract

1 tsp lemon juice

1 Tbs orange fruit spread

1 Tbs water

1 egg white, slightly beaten

1/2 cup walnuts, finely chopped

4 Tbs Estee any-flavor fruit spread

Preheat oven to 350 degrees. Lightly grease or spray cookie sheet with nonstick cooking spray. Mix together fructose, flour, Salt-It, and baking powder. Add margarine, vanilla extract, lemon juice, orange fruit spread, and water; mix to form a soft dough. Roll into 1-inch balls.

Roll each ball first in egg white, then in walnuts. Place on cookie sheet and press thumb into center of each. Bake 12 to 14 minutes; cool on wire rack. When cooled, fill each thumbprint with 1/4 teaspoon fruit spread.

Serves 16

Nutrition Facts

Nutrition (per serving): 120.0 calories; 59% calories from fat; 8.0g total fat; 0.0mg cholesterol; 33.0mg sodium; 11.0g carbohydrates; 0.0g fiber; 2.0g protein.

Recipe Source

Source: American Diabetes Association

Tortilla Pinwheels

1 Tbs fat-free cream cheese
2 Tbs shredded reduced-fat Cheddar cheese
2 Tbs mild salsa
1 Tbs chopped green onion tops
1/8 tsp chili powder
1 low-fat flour tortilla - (6" dia)

In a small bowl, stir together the cream cheese and Cheddar cheese with a fork until the Cheddar is incorporated. Stir in the salsa, green onion, and chili powder.

Spread the mixture evenly on the tortilla. Roll up and cut off the two ends. Cut tortilla into 4 pieces and serve.

Serves 2

Nutrition Facts

Nutrition (per serving): 86.0 calories; 34% calories from fat; 3.0g total fat; 3.0mg cholesterol; 203.0mg sodium; 12.0g carbohydrates; 2.0g fiber; 4.0g protein.

Recipe Source

Source: American Diabetes Association

Turkey Barbecue Meatloaf

1 lb ground turkey
1 cup chopped onion
1/2 cup seasoned bread crumbs
1/2 cup grated carrots
1/2 cup bottled barbecue sauce divided
2 tsp Worcestershire sauce
1 tsp minced garlic
3/4 tsp pepper
Vegetable cooking spray

In medium bowl combine turkey, onion, bread crumbs, carrots, 1/4 cup barbecue sauce, Worcestershire, garlic and pepper.

In 9-inch pie plate, sprayed with vegetable cooking spray, shape meat mixture into round loaf. Drizzle top of loaf with remaining barbecue sauce. Bake at 350 degrees F. 35 to 45 minutes or until meat thermometer reaches 160 degrees F. when inserted in center of meatloaf, juices run clear and meat is no longer pink.

Serves 6

Nutrition Facts

Nutrition (per serving): 178.0 calories; 7.0g total fat; 0.0mg cholesterol; 528.0mg sodium; 14.0g carbohydrates; 16.0g protein.

Recipe Source

Source: The National Turkey Federation

Turkey Breast with Sweet and Sour Apricot Glaze

1 turkey breast (4-6 pounds)

1/4 cup apricot preserves

1/2 Tbs Dijon-style mustard

In (13 x 9 x 2 inch) roasting pan, place turkey breast on rack. Bake, uncovered, 325 degrees (Fahrenheit) 2 to 2-1/2 hours or until meat thermometer registers 170 to 175 degrees (Fahrenheit) in deepest part of breast.

In small bowl combine preserves and mustard. Brush glaze over breast during final 15 minutes of cooking.

Serves 20

Nutrition Facts

Nutrition (per serving): 172.0 calories; 6.0g total fat; 0.0mg cholesterol; 56.0mg sodium; 3.0g carbohydrates; 25.0g protein.

Recipe Source

Source: The National Turkey Federation

Turkey Nacho Pie

1/4 lb boneless white or dark turkey meat cut into 1-inch cubes

1 tsp vegetable oil

2 Tbs onion chopped

2 Tbs green pepper chopped

1/4 cup chunky salsa

1/8 tsp garlic powder

1/4 tsp chili powder

2 Tbs no-salt corn chips crushed

1 Tbs reduced-fat Cheddar cheese shredded

In small skillet over medium heat, saute turkey in 1/2 teaspoon oil 2 to 3 minutes or until no longer pink; remove and set aside. Add remaining oil, onion and green pepper to skillet and saute until onion is translucent and green pepper soft.

Fold in turkey, salsa, garlic and chili powders. Pour into a 1-3/4 cup casserole. Top with corn chips and cheese.

In toaster oven or conventional oven, broil casserole about 2 to 3 minutes or until cheese melts.

Serves 1

Nutrition Facts

Nutrition (per serving): 276.0 calories; 11.0g total fat; 0.0mg cholesterol; 763.0mg sodium; 13.0g carbohydrates; 29.0g protein.

Recipe Source

Source: The National Turkey Federation

Turkey Topped Cucumbers

6 oz oven roasted turkey breast finely chopped
3 Tbs no-cholesterol reduced-calorie mayonnaise
2 Tbs green onions finely chopped
1 tsp horseradish
1/8 tsp pepper
1/8 tsp garlic powder
2 Cucumbers scored and cut into 1/4-inch slices
Watercress leaves for garnish

In small bowl combine turkey, mayonnaise, green onion, horseradish, pepper and garlic powder.

Top each cucumber slice with 1-1/2 teaspoons turkey mixture and garnish with a watercress leaf.

Serves 32

Nutrition Facts

Nutrition (per serving): 10.0 calories; 0.0mg cholesterol; 45.0mg sodium; 1.0g carbohydrates; 1.0g protein.

Recipe Source

Source: The National Turkey Federation

Turkey Wings with Barbecue Sauce

2 Large cloves garlic minced
1 cup chili sauce or ketchup
1/4 cup vegetable oil
1/3 cup cider vinegar
1/4 cup onion chopped
1-1/2 Tbs Worcestershire Sauce
1/2 tsp salt
1/4 tsp freshly ground pepper
1/2 tsp dried thyme
4 Each turkey wings about 3-3/4 pounds

In small saucepan, combine all ingredients, except turkey. Simmer, uncovered, over low heat for 15 to 20 minutes. Arrange turkey wings in foil-lined roasting pan. Pour barbecue sauce over turkey; cover and marinate for 2 hours in refrigerator. Turn wings occasionally in sauce. Remove from refrigerator.

To Grill: Spray grill with vegetable oil. Grill wings until browned, about 7 minutes on each side; turn and baste frequently; continue to cook about 1 hour until cooked throughout and tender.

To Bake: Bake loosely covered at 325 degrees F. for 1-1/2 hours. Baste frequently. Uncover; continue roasting for 30 minutes or until turkey is lightly browned, tender and cooked through.

Serves 4

Nutrition Facts

Nutrition (per serving): 645.5 calories; 63% calories from fat; 45.4g total fat; 179.2mg cholesterol; 1978.2mg sodium; 786.5mg potassium; 4.8g carbohydrates; 1.0g fiber; 52.4g protein.

Recipe Source

Source: The National Turkey Federation

Veal Marsala with Mushrooms

1 lb fresh mushrooms
2 lbs boneless Leg of Veal, cut 1/4" thick
1/4 cup onion, minced
1 cup Dry Marsala
1 cup beef broth
1 1/2 cups tomatoes, peeled, seeded and diced
6 Tbs oil, divided
8 Tbs butter or margarine, divided
1/4 cup lemon Juice
1 1/2 tsp salt
1/4 tsp ground black pepper
1 tsp tarragon leaves, crushed

Preheat oven to 350 degrees. Rinse, pat dry and slice fresh mushrooms (makes about 5 1/2 cups); set aside. Pound veal between 2 pieces waxed paper until thin. Combine lemon juice, salt and black pepper. Brush on both sides of veal. Dredge meat with flour, carefully shaking off excess. In a large skillet heat 2 T. of the oil and 2 T. of the butter.

Add veal, a few pieces at a time. Cook over moderate heat until brown, about 3 minutes on each side. As the meat browns place in a shallow ovenproof casserole. Add additional oil and butter to skillet as needed, reserving 4 T. of the butter to be added when all the meat is browned.

To the hot butter stir in reserved mushrooms and onion; sauté until golden, about 5 minutes. Remove mushrooms and onion to a bowl. Stir Marsala and broth into skillet; bring to the boiling point. Reduce heat and simmer, uncovered, for 2 minutes, stirring to loosen particles on bottom of pan.

Add tomatoes, tarragon and reserved mushroom mixture; simmer for 2 minutes. Remove from heat; season with additional salt and pepper if necessary. Pour over meat. Cover. Bake for 20 to 30 minutes. To serve, arrange meat down center of hot serving platter. Spoon sauce over meat.

Serves 6

Nutrition Facts

Nutrition (per serving): 496.0 calories; 60% calories from fat; 34.0g total fat; 159.4mg cholesterol; 818.7mg sodium; 1024.9mg potassium; 7.2g carbohydrates; 1.6g fiber; 35.1g protein.

Recipe Source

Source: The Mushroom Council

Vegetable-Stuffed Turkey Loaf

1 lb ground turkey
1 Egg beaten
2/3 cup quick cooking oats
1/4 cup reduced-sodium chicken bouillon
3 Tbs chili sauce
1 Tbs dried minced onion
1 Tbs dried parsley
1/2 tsp Italian seasoning
1/4 tsp garlic powder
1/8 tsp pepper
1 Package (10 ounces) frozen mixed vegetables
thawed and well drained
2 Slices (1 ounce each) reduced-fat, reduced-
sodium American cheese
Additional chili sauce (optional)
1 Tbs dried minced onion minced



In medium-size bowl combine turkey, egg, oats, bouillon, chili sauce, onion, parsley, Italian seasoning, garlic powder and pepper. Divide turkey mixture in half and set aside. Coat an 8-X 4-X 2-3/8-inch loaf pan with non-stick cooking spray. Press one half of turkey mixture into loaf pan. Top turkey layer with vegetables. Top vegetable layer with cheese slices. Press remaining turkey mixture into loaf pan, sealing all edges. Bake at 350 degrees F. 50 to 60 minutes or until turkey loaf is no longer pink in center. Allow to stand 5 minutes; unmold turkey loaf onto a plate. Garnish with additional chili sauce, if desired.

Serves 6

Nutrition Facts

Nutrition (per serving): 211.0 calories; 9.0g total fat; 0.0mg cholesterol; 523.0mg sodium; 12.0g carbohydrates; 20.0g protein.

Recipe Source

Source: The National Turkey Federation

Viking Burgers

1 lb ground turkey
1-2 Tablespoons prepared horseradish
1-1/2 tsp paprika
1-1/2 tsp Dijon-style mustard
1/4 tsp pepper
dash salt
4 Hamburger buns toasted

Combine all ingredients. Shape into 4 burgers about 1/2-inch thick.

Place burgers on lightly greased broiling pan. Broil burgers 6-inches from heat, 3 to 4 minutes per side until no longer pink.

Serve on toasted hamburger buns with additional mustard, if desired.

Serves 4

Nutrition Facts

Nutrition (per serving): 184.0 calories; 11.0g total fat; 0.0mg cholesterol; 131.0mg sodium; 1.0g carbohydrates; 19.0g protein.

Recipe Source

Source: The National Turkey Federation

Whipped Carnation Evaporated Milk Topping

Sweeten evaporated milk with powdered sugar and vanilla before whipping it into a foamy topping.

1 cup NESTLÉ CARNATION Evaporated Milk

1/4 to 1/2 cup powdered sugar

1 tsp vanilla extract

Pour evaporated milk into small mixer bowl; place beaters into mixture. Freeze for about 30 minutes or until ice crystals form around edge of bowl.

Beat on high speed for 1 minute or until very frothy. Gradually add sugar and vanilla extract; continue beating for 2 minutes or until mixture is stiff. Serve immediately spooned over fresh fruit or your favorite dessert.

Serves 16

Preparation time: 30 minutes

Cooking time: 2 minutes

Nutrition Facts

Nutrition (per serving): 29.2 calories; 35% calories from fat; 1.2g total fat; 4.6mg cholesterol; 16.7mg sodium; 48.2mg potassium; 3.5g carbohydrates; 0.0g fiber; 1.1g protein.

Recipe Source

Source: Nestlé

Yummy Dessert Sauce

A creamy sauce that complements many desserts at only 20 calories per tablespoon. The spirits add flavor and richness without many calories.

1 can evaporated skim milk - (14 oz), undiluted
2 1/2 Tbs sugar
2 Tbs cornstarch
1/3 cup skim milk
1 tsp vanilla
2 tsp orange liqueur
1 tsp brandy

Combine the evaporated milk and sugar and place over low heat.

Combine the cornstarch and milk, stirring into a smooth paste. Slowly add this to the heated milk and sugar, stirring constantly until the sauce thickens.

Add the vanilla, liqueur, and brandy. Simmer the sauce 1 minute longer. Serve warm.

Serves 24

Nutrition Facts

Nutrition (per serving): 20.0 calories; 0% calories from fat; 0.0g total fat; 0.0mg cholesterol; 24.0mg sodium; 4.0g carbohydrates; 0.0g fiber; 1.0g protein.

Recipe Source

Source: American Diabetes Association

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